



Italian White Bean and Spinach Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce cannellini beans white rinsed drained canned
- ☐ 1 ounce shiitake mushrooms dried
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 4 cups pkt spinach fresh chopped

- ☐ 14 ounce vegetable stock organic canned (such as Swanson Certified)
- ☐ 2 cups water boiling
- ☐ 1 cup onion yellow chopped

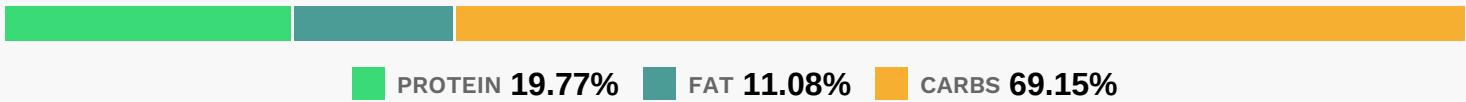
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Combine mushrooms and 2 cups boiling water in a bowl; cover and let stand 15 minutes.
- ☐ Drain mushrooms in a colander over a bowl, reserving liquid. Chop mushrooms; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, garlic, and mushrooms to pan; saut 5 minutes or until tender.
- ☐ Add the reserved mushroom liquid, spinach, and next 5 ingredients (through broth); bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Garnish with thyme and red pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:4.99, Inflammation Score:-9, Nutrition Score:16.737825766854%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 132.59kcal (6.63%), Fat: 1.72g (2.64%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 18.96g (6.9%), Sugar: 2.11g (2.35%), Cholesterol: 0mg (0%), Sodium: 290.05mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin K: 99.86µg (95.1%), Vitamin A: 2033.7IU (40.67%), Manganese: 0.69mg (34.6%), Folate: 100.92µg (25.23%), Copper: 0.47mg (23.72%), Fiber: 5.16g (20.63%), Iron: 3.03mg (16.84%), Potassium: 573.5mg (16.39%), Magnesium: 64.99mg (16.25%), Vitamin B5: 1.23mg (12.28%), Vitamin C: 8.61mg (10.43%), Phosphorus: 102.25mg (10.22%), Vitamin B6: 0.19mg (9.36%), Zinc: 1.39mg (9.24%), Calcium: 87.6mg (8.76%), Vitamin E: 1.2mg (8.01%), Vitamin B2: 0.14mg (7.99%), Vitamin B1: 0.12mg (7.79%), Selenium: 3.87µg (5.52%), Vitamin B3: 0.94mg (4.71%), Vitamin D: 0.18µg (1.23%)