



Kale and White Bean Soup



Gluten Free



Popular

READY IN



180 min.

SERVINGS



6

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf (not California)
- ☐ 0.5 teaspoon pepper black
- ☐ 8 carrots halved lengthwise
- ☐ 5 cups chicken broth
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 4 garlic cloves finely chopped
- ☐ 1 lb beans such as great northern dried white
- ☐ 1 lb kale coarsely chopped (preferably lacinato)

- ☐ 2 tablespoons olive oil
- ☐ 2 onions coarsely chopped
- ☐ 2 inch parmigiano-reggiano rind
- ☐ 6 servings accompaniment:provolone toasts
- ☐ 2 teaspoons salt
- ☐ 1 lb sausage such as kielbasa smoked sliced
- ☐ 2 qt water

Equipment

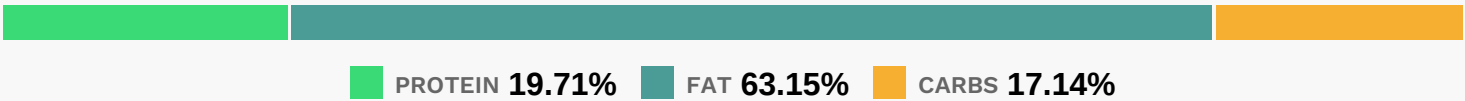
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ colander

Directions

- ☐ Cover beans with water by 2 inches in a pot and bring to a boil.
- ☐ Remove from heat and let stand, uncovered, 1 hour.
- ☐ Drain beans in a colander and rinse.
- ☐ Cook onions in oil in an 8-quart pot over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add beans, broth, 1 quart water, cheese rind, salt, pepper, bay leaf, and rosemary and simmer, uncovered, until beans are just tender, about 50 minutes.
- ☐ While soup is simmering, brown sausage (if using) in batches in a heavy skillet over moderate heat, turning, then transfer to paper towels to drain.
- ☐ Stir carrots into soup and simmer 5 minutes. Stir in kale, sausage, and remaining quart water and simmer, uncovered, stirring occasionally, until kale is tender, 12 to 15 minutes. Season soup with salt and pepper.
- ☐ •Soup is best if made 1 or 2 days ahead. Cool completely, uncovered, then chill, covered. Thin with water if necessary. •Lacinato is available at farm stands, specialty produce markets, and

natural foods stores. Be aware that it has many aliases: Tuscan kale, black cabbage, cavolo nero, dinosaur kale, and flat black cabbage.

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:27.766087075938%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 685.42kcal (34.27%), Fat: 48.36g (74.4%), Saturated Fat: 17.76g (111.02%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 21.24g (7.73%), Sugar: 6.31g (7.01%), Cholesterol: 118.07mg (39.36%), Sodium: 2160.19mg (93.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.91%), Vitamin A: 13702.24IU (274.04%), Vitamin B3: 8.25mg (41.23%), Phosphorus: 396.59mg (39.66%), Vitamin B6: 0.78mg (39.19%), Zinc: 5.8mg (38.65%), Manganese: 0.71mg (35.4%), Vitamin B1: 0.5mg (33.43%), Fiber: 8.28g (33.13%), Vitamin B12: 1.91µg (31.82%), Potassium: 1012.11mg (28.92%), Vitamin B2: 0.49mg (28.55%), Selenium: 18.29µg (26.12%), Folate: 103.03µg (25.76%), Iron: 4.26mg (23.69%), Copper: 0.42mg (21.15%), Magnesium: 82.41mg (20.6%), Calcium: 171.63mg (17.16%), Vitamin K: 15.52µg (14.78%), Vitamin C: 9.66mg (11.71%), Vitamin B5: 1.03mg (10.28%), Vitamin E: 1.45mg (9.68%), Vitamin D: 1.16µg (7.71%)