



Kale, White Bean, and Savoy Cabbage Soup

READY IN



45 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baking potato diced
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounces diagonally bread italian cut ()
- ☐ 0.5 cup cannellini beans beans dried white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove halved
- ☐ 1 large garlic clove minced
- ☐ 8 cups kale thinly sliced (1 bunch)
- ☐ 1.5 cups leek thinly sliced (1 large)

- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion diced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1.5 teaspoons salt divided
- ☐ 1.5 pounds savoy cabbage chopped
- ☐ 6 cups water

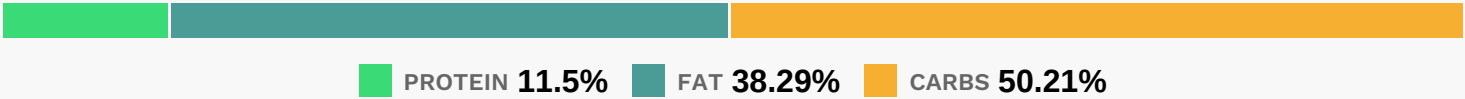
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ To prepare the soup, sort and wash the beans, and place in a large Dutch oven. Cover the beans with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans. Return beans to pan; cover with 6 cups water. Bring to a boil; cover, reduce heat, and simmer 1 hour and 15 minutes.
- ☐ Add 1/2 teaspoon salt; simmer 15 minutes or until beans are tender. Set aside.
- ☐ Heat the olive oil in a stockpot over medium–low heat.
- ☐ Add potato, onion, and leek, and cook for 12 minutes, stirring occasionally. Stir in 1 teaspoon salt, kale, cabbage, chopped parsley, pepper, and minced garlic. Cover, reduce heat, and cook 30 minutes.
- ☐ Add bean mixture; cook 30 minutes.
- ☐ Prepare broiler.
- ☐ To prepare garlic toast, place bread slices in a single layer on a jelly–roll pan. Broil for 2 minutes on each side or until toasted. Rub the toast with garlic halves. Ladle the soup into bowls; top with garlic toast, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:44.84, Glycemic Load:10.3, Inflammation Score:-10, Nutrition Score:24.892608872898%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 401.29kcal (20.06%), Fat: 17.58g (27.04%), Saturated Fat: 9g (56.24%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 43.32g (15.75%), Sugar: 17.83g (19.81%), Cholesterol: 2.41mg (0.8%), Sodium: 704.98mg (30.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Vitamin K: 181.63µg (172.98%), Vitamin A: 3413.77IU (68.28%), Vitamin C: 56.16mg (68.07%), Folate: 184.28µg (46.07%), Manganese: 0.75mg (37.58%), Fiber: 8.55g (34.18%), Potassium: 915.45mg (26.16%), Vitamin B6: 0.52mg (25.87%), Iron: 3.96mg (22.01%), Magnesium: 87.25mg (21.81%), Calcium: 189.31mg (18.93%), Vitamin B1: 0.27mg (18.19%), Phosphorus: 173.66mg (17.37%), Vitamin B3: 3.21mg (16.03%), Copper: 0.31mg (15.7%), Vitamin B2: 0.2mg (11.85%), Zinc: 1.24mg (8.27%), Selenium: 4.02µg (5.75%), Vitamin B5: 0.53mg (5.3%), Vitamin E: 0.64mg (4.28%)