



HEALTH SCORE

51%

Late Summer Tomato Soup with Shell Beans, Squid Rings and Parsley

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 4 slices top
- ☐ 0.8 cup romano beans cut into 1-inch lengths
- ☐ 0.3 cup flat parsley chopped
- ☐ 1 clove garlic
- ☐ 1 leek thinly sliced
- ☐ 1.5 cups cranberries shelled (such as fava, lima or cranberry)

- ☐ 3 teaspoons olive oil divided
- ☐ 0.5 medium onion diced
- ☐ 2 sprigs oregano
- ☐ 0.3 cup red wine
- ☐ 1.5 teaspoon salt
- ☐ 0.3 pound squid rings thinly sliced
- ☐ 4 large tomatoes cut into chunks

Equipment

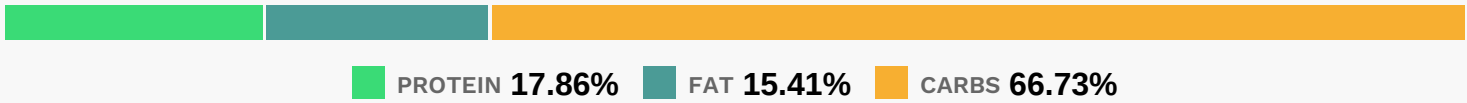
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot

Directions

- ☐ Heat oven to 375°F.
- ☐ Sprinkle tomatoes with salt and place on baking sheet lined with parchment paper; roast 40 minutes.
- ☐ Heat 1 1/2 teaspoons oil in a soup pot over low heat. Cook leek, onion and sliced garlic 10 minutes, stirring occasionally.
- ☐ Add wine, raise heat to high and reduce 5 minutes.
- ☐ Place tomatoes, oregano, 1/4 cup parsley and shelled beans in pot and add enough water to cover vegetables by 1/2 inch. Bring to a boil; reduce heat and simmer, uncovered, 10 minutes.
- ☐ Add flat beans, salt and cayenne; simmer until beans are tender, about 30 minutes.
- ☐ Heat remaining 1 1/2 teaspoons oil in a medium sauté pan over high heat until oil smokes, 2 to 3 minutes.
- ☐ Add squid (oil may splatter) and sauté, stirring, until cooked through, about 2 minutes.

Sprinkle with salt. Toast bread; rub with garlic clove. Divide soup among 4 bowls, top each with 1/4 squid mixture and add bread.

Nutrition Facts



Properties

Glycemic Index:95.63, Glycemic Load:31.11, Inflammation Score:-10, Nutrition Score:29.5034780295%

Flavonoids

Cyanidin: 17.44mg, Cyanidin: 17.44mg, Cyanidin: 17.44mg, Cyanidin: 17.44mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg, Delphinidin: 3.18mg Malvidin: 2.24mg, Malvidin: 2.24mg, Malvidin: 2.24mg, Malvidin: 2.24mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.62mg, Peonidin: 18.62mg, Peonidin: 18.62mg, Peonidin: 18.62mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg, Epigallocatechin 3–gallate: 0.36mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 3.47mg, Myricetin: 3.47mg, Myricetin: 3.47mg, Myricetin: 3.47mg Quercetin: 10.82mg, Quercetin: 10.82mg, Quercetin: 10.82mg, Quercetin: 10.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 327.78kcal (16.39%), Fat: 5.63g (8.66%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 54.84g (18.28%), Net Carbohydrates: 47.47g (17.26%), Sugar: 12.43g (13.81%), Cholesterol: 66.05mg (22.02%), Sodium: 1290.5mg (56.11%), Alcohol: 1.59g (100%), Alcohol %: 0.48% (100%), Protein: 14.68g (29.36%), Vitamin K: 115.98µg (110.46%), Vitamin C: 45.96mg (55.7%), Vitamin A: 2610.47IU (52.21%), Manganese: 1mg (50.07%), Selenium: 31.8µg (45.43%), Copper: 0.84mg (42.05%), Vitamin B1: 0.6mg (39.71%), Folate: 147.68µg (36.92%), Vitamin B2: 0.5mg (29.66%), Fiber: 7.37g (29.49%), Iron: 4.94mg (27.46%), Vitamin B3: 5.4mg (26.99%), Potassium: 817.84mg (23.37%), Phosphorus: 214.91mg (21.49%), Vitamin B6: 0.42mg (20.85%), Vitamin E: 3.02mg (20.15%), Magnesium: 77.58mg (19.39%), Calcium: 120.71mg (12.07%), Zinc: 1.7mg (11.34%), Vitamin B5: 0.81mg (8.09%), Vitamin B12: 0.37µg (6.14%)