



HEALTH SCORE

53%

Luscious Lima Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



9

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



5 carrots chopped



2 stalks celery chopped



1 leek chopped



1 pound lima beans *soaked overnight dry



2 tablespoons olive oil



2 tablespoons shallots minced



4 cubes vegetable bouillon



8 cups water

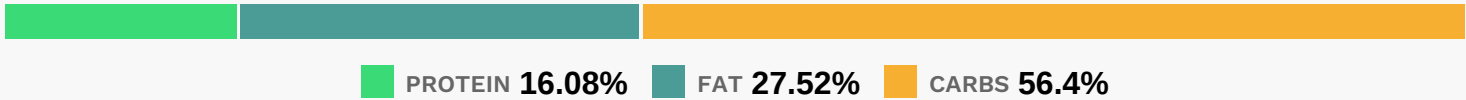
Equipment

☐ pot

Directions

- ☐ Bring 4 cups of water to a boil.
- ☐ Add dry lima beans, and boil for 2 to 3 minutes.
- ☐ Remove from heat, and allow the beans to sit, covered, for 1 to 2 hours to soften.
- ☐ Drain and rinse until water runs clear, discarding bean water.
- ☐ In a soup pot, saute vegetables in olive oil until onions and celery are translucent.
- ☐ Add lima beans, and saute for another 2 to 3 minutes.
- ☐ In the meantime, bring 4 cups of water to a boil.
- ☐ Add the vegetable bouillon to the boiling water, and stir until dissolved.
- ☐ Add broth to the sauteed vegetables and beans.
- ☐ Add remaining water, and allow soup to simmer over a low flame for 1 to 1 1/2 hours.
- ☐ Serve steaming hot.

Nutrition Facts



Properties

Glycemic Index:24.15, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:11.260869606681%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 108.25kcal (5.41%), Fat: 3.43g (5.28%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 10.95g (3.98%), Sugar: 3.75g (4.17%), Cholesterol: 0mg (0%), Sodium: 46.1mg (2%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin A: 5867.27IU (117.35%), Fiber: 4.87g (19.47%), Manganese: 0.37mg (18.59%), Folate: 58.55µg (14.64%), Vitamin K: 14.62µg (13.93%), Potassium: 412.84mg (11.8%), Copper: 0.18mg (9.21%), Iron: 1.58mg (8.75%), Vitamin B6: 0.17mg (8.26%), Magnesium: 32.05mg (8.01%), Vitamin B1: 0.11mg (7.51%), Phosphorus: 74.73mg (7.47%), Vitamin E: 0.88mg (5.86%), Vitamin C: 3.64mg (4.41%), Zinc: 0.61mg (4.09%), Calcium: 36.3mg (3.63%), Selenium: 2.46µg (3.52%), Vitamin B5: 0.35mg (3.47%), Vitamin B2: 0.06mg (3.29%), Vitamin B3: 0.62mg (3.09%)