



Maple and Bourbon Ham and Baked Bean Soup

 Dairy Free  Popular

READY IN



480 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup bourbon
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 6 cups chicken stock see
- ☐ 1 chipotle chili in adobo chopped
- ☐ 2 cups ham diced cooked

- ☐ 2 cloves garlic chopped
- ☐ 2 teaspoons ground mustard
- ☐ 1 ham bone
- ☐ 0.3 cup catsup
- ☐ 0.3 cup maple syrup (or brown sugar)
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 pound beans such as navy dried white picked over
- ☐ 1 tablespoon oil
- ☐ 1 medium onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 2 teaspoons worcestershire sauce

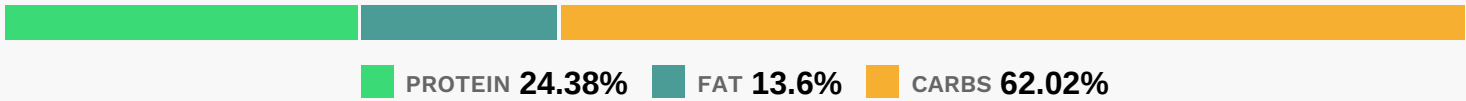
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the onion, carrots and celery and cook until tender, about 7-10 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the broth, white beans and ham bone, maple syrup, bourbon, ketchup, molasses, mustard, worcestershire sauce, apple cider vinegar and chipotle chili in adobo, bring to a boil, reduce the heat and let simmer, covered, until the beans are tender, about 1-2 hours.
- ☐ Remove the bone, optionally puree some of the soup with a blender, add the ham and season with salt and pepper and remove from heat.

Nutrition Facts



Properties

Glycemic Index:67.83, Glycemic Load:10.03, Inflammation Score:-10, Nutrition Score:47.696956095488%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 690.29kcal (34.51%), Fat: 10.11g (15.56%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 103.77g (34.59%), Net Carbohydrates: 84.19g (30.62%), Sugar: 30.65g (34.06%), Cholesterol: 48.29mg (16.1%), Sodium: 2393.41mg (104.06%), Alcohol: 5.01g (100%), Alcohol %: 0.8% (100%), Protein: 40.8g (81.6%), Manganese: 3.03mg (151.36%), Folate: 463.15µg (115.79%), Vitamin A: 5272.49IU (105.45%), Fiber: 19.58g (78.31%), Potassium: 2724.1mg (77.83%), Iron: 13.6mg (75.56%), Magnesium: 274.68mg (68.67%), Copper: 1.35mg (67.34%), Vitamin B1: 0.94mg (62.61%), Phosphorus: 564.43mg (56.44%), Vitamin B2: 0.83mg (49.06%), Selenium: 31.56µg (45.09%), Zinc: 6.1mg (40.69%), Calcium: 367.95mg (36.8%), Vitamin B6: 0.71mg (35.43%), Vitamin C: 19.16mg (23.23%), Vitamin B3: 4.12mg (20.61%), Vitamin K: 19.4µg (18.48%), Vitamin B5: 1.63mg (16.26%), Vitamin B12: 0.87µg (14.45%), Vitamin E: 1.53mg (10.17%)