



Marrow Bean Soup with Pale Vegetables



Vegetarian



Gluten Free



Popular

READY IN



1170 min.

SERVINGS



6

CALORIES



249 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 pound celery root peeled chopped
- ☐ 2 quarts chicken broth fresh (get the recipe here)
- ☐ 1 clove garlic sliced thin
- ☐ 2 tablespoons ghee (available here)
- ☐ 1 large leek white sliced thin
- ☐ 1 cup marrow beans canned (you can get them here)
- ☐ 0.5 pound parsley root peeled chopped

- ☐ 2 pounds german butterball potatoes peeled chopped
- ☐ 6 servings unrefined sea salt (available here)

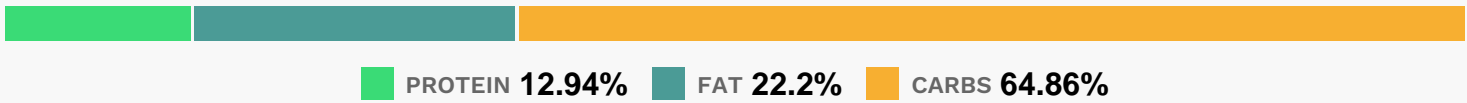
Equipment

- ☐ bowl
- ☐ ladle
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Dump the marrow beans into a large mixing bowl, cover them with hot water by 2 inches and stir in a pinch of baking soda. Cover the bowl and let them soak for at least 18 and up to 24 hours. Once or twice as the beans soak, drain away the soaking water and replenish it with hot water. After they've soaked at least 18 and up to 24 hours, strain the beans and set them on the countertop for later. Discard the soaking water.In a heavy stock pot (like this one), melt the ghee. Stir in the leeks and garlic, sauteing them until softened and fragrant – about 4 minutes.
- ☐ Pour the stock into the pot, and stir in the soaked beans. Simmer, covered, for 1 hour. Stir in the celeriac, parsley root and potatoes and continue simmering the soup a further 30 to 45 minutes or until the beans and vegetables turn tender and yield when pierced by a fork. Ladle into soup bowls, and serve hot.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:22.83, Inflammation Score:-10, Nutrition Score:26.863913048869%

Flavonoids

Apigenin: 83.26mg, Apigenin: 83.26mg, Apigenin: 83.26mg, Apigenin: 83.26mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 5.65mg, Myricetin: 5.65mg, Myricetin: 5.65mg, Myricetin: 5.65mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 248.5kcal (12.42%), Fat: 6.42g (9.88%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 35.42g (12.88%), Sugar: 4.65g (5.17%), Cholesterol: 19.11mg (6.37%), Sodium: 1521.07mg (66.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.85%), Vitamin K: 660.76µg (629.29%), Vitamin C: 96.32mg (116.76%), Vitamin A: 3440.87IU (68.82%), Potassium: 1240.68mg (35.45%), Folate: 136.63µg (34.16%), Vitamin B6: 0.65mg (32.28%), Manganese: 0.64mg (31.83%), Iron: 5.03mg (27.94%), Fiber: 6.8g (27.21%), Phosphorus: 228.6mg (22.86%), Magnesium: 86.88mg (21.72%), Vitamin B2: 0.32mg (18.94%), Copper: 0.37mg (18.34%), Vitamin B1: 0.27mg (17.83%), Vitamin B3: 3.37mg (16.86%), Calcium: 142.95mg (14.3%), Zinc: 1.5mg (9.97%), Vitamin B5: 0.92mg (9.17%), Vitamin E: 0.83mg (5.56%), Selenium: 2.5µg (3.58%), Vitamin B12: 0.06µg (1.05%)