



## Menisha



Gluten Free



Dairy Free



Very Healthy

READY IN



240 min.

SERVINGS



6

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 carrots peeled halved
- ☐ 1 large rib celery halved
- ☐ 1.3 cups .5 can cannellini beans dried
- ☐ 0.5 cup fennel fronds minced
- ☐ 2 bulbs fennel diced
- ☐ 1 teaspoon ground fennel seed toasted
- ☐ 2 sage leaves fresh

- ☐ 1 tablespoon garlic chopped
- ☐ 1 cup green beans diced
- ☐ 4 quarts lightly and roughly hand-torn greens such as chard, collards, mustard greens, spinach and cabbage packed
- ☐ 3 jalapeño peppers
- ☐ 6 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 1 medium onion peeled halved
- ☐ 4 ounce pancetta chunk
- ☐ 3 russet potatoes diced peeled
- ☐ 6 servings gray salt
- ☐ 0.7 cup tomatoes pureed
- ☐ 3 quarts water
- ☐ 2 cups onion yellow chopped
- ☐ 2 cups zucchini diced

## Equipment

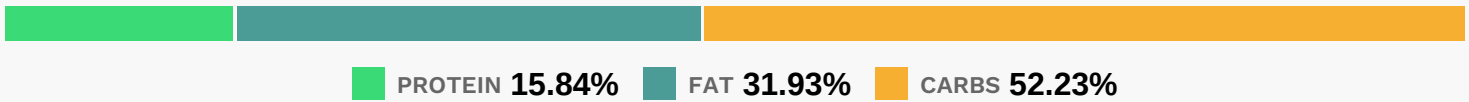
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Watch how to make this recipe.
- ☐ Place the beans in a saucepan, with cold water to cover. Bring to a boil, remove from the heat.
- ☐ Let stand 1 hour, then drain.
- ☐ In a Dutch oven over medium heat, add 3 tablespoons of the olive oil.
- ☐ Add prosciutto, cook, turning occasionally to allow to all sides to caramelize, about 5 minutes.
- ☐ Add halved onion, carrot, celery and sage to the pot, and add with beans.

- ☐ Add the water and stir well. Simmer gently, uncovered, until beans are tender, about 1 1/2 hours. Season with salt.
- ☐ Remove from the heat, and let cool in the liquid.
- ☐ In another large pot, heat remaining 3 tablespoons of the oil over medium heat, then add the fennel, chopped onion, garlic, and a pinch of salt. Cook until vegetables are softened but not colored, about 8 to 10 minutes.
- ☐ Remove the onion, celery, and carrot from the bean mixture and discard.
- ☐ Remove the prosciutto, dice, and set aside.
- ☐ Drain the beans and reserve the liquid.
- ☐ Add the fennel seeds to the onions, fennel and garlic.
- ☐ Add mixed greens and toss until they wilt evenly; adjusting the heat to keep vegetables from burning. Stir in the prosciutto.
- ☐ Add the beans, the reserved liquid, tomatoes, potatoes, zucchini, green beans, and jalapenos. Simmer gently until potatoes are tender, about 15 to 20 minutes.
- ☐ Add fennel fronds, if using, and season with salt and pepper.
- ☐ Remove the jalapenos to a small bowl and discard the stems. Mash with a fork, adding a little broth and potato from the pot to make a thick puree.
- ☐ Serve soup, passing the jalapeno condiment on the side.

## Nutrition Facts



## Properties

Glycemic Index:83.43, Glycemic Load:19.78, Inflammation Score:-10, Nutrition Score:49.921739013299%

## Flavonoids

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.59mg, Isorhamnetin: 3.59mg, Isorhamnetin: 3.59mg, Isorhamnetin: 3.59mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg, Quercetin: 16.06mg

Nutrients (% of daily need)

Calories: 613.28kcal (30.66%), Fat: 22.98g (35.35%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 84.57g (28.19%), Net Carbohydrates: 70.76g (25.73%), Sugar: 11.36g (12.62%), Cholesterol: 12.47mg (4.16%), Sodium: 591.48mg (25.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.31%), Vitamin C: 190.07mg (230.39%), Vitamin A: 11141.25IU (222.82%), Manganese: 3.6mg (180.12%), Folate: 474.92µg (118.73%), Potassium: 3077.76mg (87.94%), Vitamin K: 83.61µg (79.63%), Vitamin B6: 1.37mg (68.4%), Iron: 10.79mg (59.94%), Phosphorus: 562.93mg (56.29%), Copper: 1.12mg (55.8%), Magnesium: 222.39mg (55.6%), Fiber: 13.81g (55.23%), Vitamin B1: 0.61mg (40.96%), Vitamin B3: 6.92mg (34.62%), Vitamin B2: 0.56mg (32.78%), Calcium: 302.72mg (30.27%), Zinc: 4.04mg (26.95%), Vitamin E: 3.32mg (22.16%), Vitamin B5: 2.02mg (20.2%), Selenium: 13.55µg (19.36%), Vitamin B12: 0.09µg (1.57%)