



 **26%**
HEALTH SCORE

My Navy Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



240 min.

SERVINGS



8

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon
- 4 carrots chopped
- 7 cups chicken stock see
- 16 ounce navy beans dried
- 0.5 cup butter
- 1 onion chopped
- 8 servings water to cover

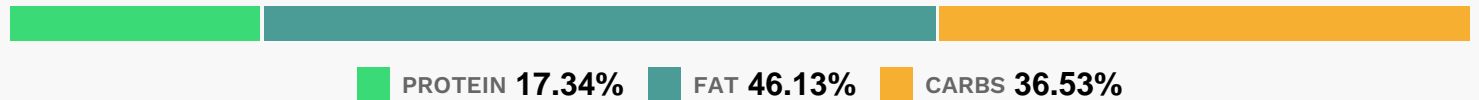
Equipment

- bowl
- frying pan
- pot

Directions

- Clean and sort the beans.
- Place them in a large bowl with water to cover and soak for 3 hours.
- In a large pot over medium heat, combine the beans and the chicken stock and allow to simmer.
- Meanwhile, melt the butter or margarine in a large skillet over medium heat.
- Add the carrots and onion and saute for 10 minutes, or until onion is caramelized.
- Add this mixture to the pot.
- In the same skillet over medium high heat, saute the bacon for 10 to 15 minutes, or until it is crisp.
- Drain the grease and add the bacon to the pot. Continue to simmer the soup over medium heat, stirring frequently, until the beans are tender and the soup has thickened.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:26.235217104787%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 504.91kcal (25.25%), Fat: 26.13g (40.2%), Saturated Fat: 6.92g (43.28%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 31.63g (11.5%), Sugar: 7.55g (8.39%), Cholesterol: 25.01mg (8.34%), Sodium: 658.02mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.19%), Vitamin A: 5619.88IU (112.4%), Fiber: 14.92g (59.69%), Folate: 225.43µg (56.36%), Manganese: 0.87mg (43.42%), Vitamin B1: 0.62mg (41.27%),

Phosphorus: 346.21mg (34.62%), Copper: 0.66mg (32.76%), Potassium: 1072.15mg (30.63%), Vitamin B3: 6.02mg (30.09%), Magnesium: 118.85mg (29.71%), Vitamin B6: 0.51mg (25.3%), Selenium: 16.65µg (23.79%), Iron: 3.79mg (21.06%), Vitamin B2: 0.32mg (18.89%), Zinc: 2.82mg (18.79%), Calcium: 115.65mg (11.56%), Vitamin B5: 0.69mg (6.91%), Vitamin K: 5.92µg (5.64%), Vitamin E: 0.84mg (5.6%), Vitamin C: 3.27mg (3.96%), Vitamin B12: 0.16µg (2.6%)