

## My Trainer's Kale Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon apple cider vinegar to taste
- 15 ounce black beans drained and rinsed canned
- 15 ounce .5 can cannellini beans drained and rinsed divided canned
- 5 carrots sliced
- 5 stalks celery chopped
- 32 fluid ounce chicken stock see
- 2 cloves garlic minced
- 6 servings salt and ground pepper black to taste

- 1 cup kale chopped to taste
- 3 tablespoons olive oil or as needed
- 1 large onion diced

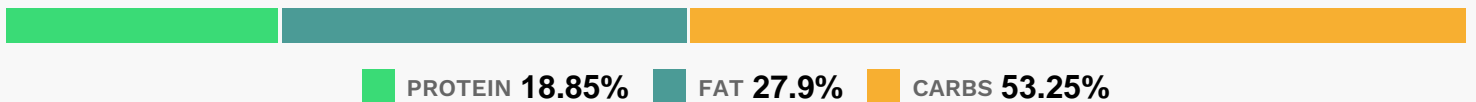
## Equipment

- food processor
- pot
- blender

## Directions

- Heat olive oil in a stockpot over medium heat; cook and stir onion, carrots, celery, salt, and pepper in the hot oil until carrots are tender, 10 to 15 minutes. Stir garlic into vegetable mixture and cook until fragrant, about 2 minutes.
- Stir chicken stock, black beans, and 1/2 can cannellini beans into vegetable mixture.
- Blend remaining 1/2 can cannellini beans in a food processor or blender until smooth; stir into vegetable mixture.
- Add kale and apple cider vinegar to vegetable mixture; bring to a boil. Reduce heat and simmer until flavors have blended, 20 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:45.14, Glycemic Load:6, Inflammation Score:-10, Nutrition Score:21.766956412274%

## Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

## Nutrients (% of daily need)

Calories: 302.95kcal (15.15%), Fat: 9.57g (14.72%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 30.23g (10.99%), Sugar: 6.66g (7.4%), Cholesterol: 4.73mg (1.58%), Sodium: 566.27mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.09%), Vitamin A: 9000.24IU (180%), Fiber: 10.86g (43.45%), Manganese: 0.73mg (36.41%), Vitamin K: 36.99µg (35.23%), Folate: 125.81µg (31.45%), Potassium: 1010.9mg (28.88%), Iron: 4.2mg (23.31%), Phosphorus: 220.47mg (22.05%), Copper: 0.44mg (21.82%), Magnesium: 81.23mg (20.31%), Vitamin B1: 0.28mg (18.7%), Vitamin B3: 3.7mg (18.48%), Vitamin B2: 0.31mg (18.47%), Vitamin B6: 0.33mg (16.55%), Vitamin C: 11.69mg (14.17%), Vitamin E: 2.07mg (13.8%), Calcium: 128.52mg (12.85%), Zinc: 1.63mg (10.88%), Selenium: 6.01µg (8.59%), Vitamin B5: 0.52mg (5.24%)