



Navy Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



135 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz navy beans dried rinsed
- ☐ 8 cups water
- ☐ 0.5 cup chili sauce
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1 cup carrots chopped
- ☐ 1 cup onion chopped
- ☐ 0.5 cup celery chopped
- ☐ 14 oz vegetable stock canned

☐ 2 tablespoons parsley fresh chopped

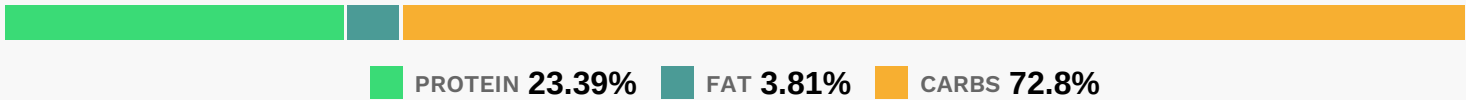
Equipment

☐ dutch oven

Directions

- ☐ In 8-quart Dutch oven, heat beans and water to boiling. Boil uncovered 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Stir in remaining ingredients except parsley.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer about 1 hour, stirring occasionally, until beans are tender.
- ☐ Stir in parsley. Cook 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:30.47, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:27.729565330174%

Flavonoids

Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 300.1kcal (15%), Fat: 1.31g (2.01%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 35.93g (13.06%), Sugar: 8.79g (9.76%), Cholesterol: 0mg (0%), Sodium: 612.27mg (26.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.08%), Fiber: 20.22g (80.9%), Vitamin A: 4010.86IU (80.22%), Folate: 291.43µg (72.86%), Manganese: 1.15mg (57.41%), Vitamin B1: 0.64mg (42.38%), Copper: 0.74mg (36.78%), Magnesium: 145.03mg (36.26%), Phosphorus: 337.54mg (33.75%), Potassium: 1116.62mg (31.9%), Vitamin K: 30.38µg (28.93%), Iron: 4.56mg (25.33%), Vitamin B6: 0.43mg (21.45%), Zinc: 2.95mg (19.66%), Calcium: 143.69mg (14.37%), Selenium: 8.76µg (12.51%), Vitamin B3: 2.3mg (11.52%), Vitamin C: 8.91mg (10.8%), Vitamin B2: 0.17mg (9.74%), Vitamin B5: 0.68mg (6.8%), Vitamin E: 0.63mg (4.21%)