

Navy Bean Soup II



Gluten Free



Dairy Free

READY IN



670 min.

SERVINGS



12

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 16 ounce navy beans dried
- ☐ 2 ham hocks
- ☐ 2 onions chopped

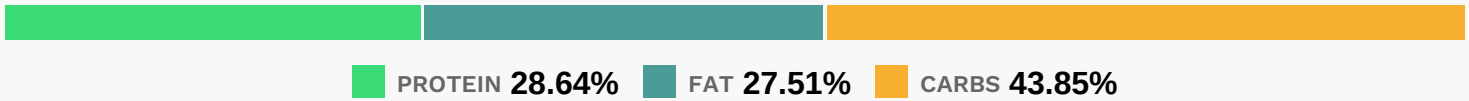
Equipment

- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Rinse beans with water.
- ☐ Place beans, onions, tomato sauce, and ham hocks in large pot or Dutch oven. Cover all with water. Cook on low to medium heat several hours until beans are tender. When using crock pot, soak beans overnight. Cook on high for 1 hour. Lower to low for 6–8 more hours until beans are tender.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:11.463912943135%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 232.19kcal (11.61%), Fat: 7.16g (11.01%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 15.86g (5.77%), Sugar: 2.92g (3.24%), Cholesterol: 30.88mg (10.29%), Sodium: 163.04mg (7.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.55%), Fiber: 9.82g (39.27%), Folate: 142.77µg (35.69%), Manganese: 0.58mg (28.99%), Vitamin B1: 0.31mg (20.39%), Potassium: 634.8mg (18.14%), Magnesium: 70.82mg (17.7%), Copper: 0.34mg (17.21%), Phosphorus: 164.26mg (16.43%), Iron: 2.75mg (15.3%), Vitamin B6: 0.2mg (10.12%), Zinc: 1.45mg (9.68%), Calcium: 68.09mg (6.81%), Selenium: 4.36µg (6.23%), Vitamin B3: 1.04mg (5.18%), Vitamin B2: 0.08mg (4.66%), Vitamin B5: 0.36mg (3.62%), Vitamin C: 2.68mg (3.25%), Vitamin E: 0.28mg (1.89%), Vitamin A: 82.2IU (1.64%), Vitamin K: 1.55µg (1.47%)