



Nine Bean Soup Mix

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



19

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce barley
- 16 ounce black-eyed peas dried
- 16 ounce black beans dried
- 16 ounce cannellini beans dried
- 16 ounce pinto beans dried
- 16 ounce peas dried split green
- 16 ounce lentils uncooked
- 16 ounce navy pea beans dried

16 ounce beans dried red

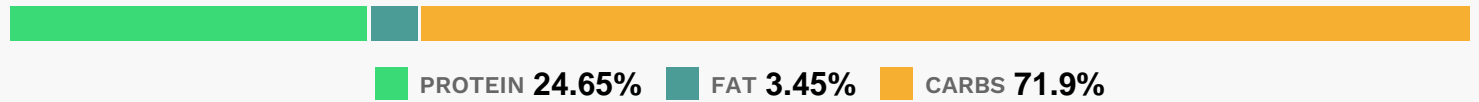
Equipment

bowl

Directions

Combine all ingredients in a large bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:17.27, Inflammation Score:-9, Nutrition Score:39.77130441562%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Petunidin: 3.68mg, Petunidin: 3.68mg, Petunidin: 3.68mg, Petunidin: 3.68mg Delphinidin: 4.42mg, Delphinidin: 4.42mg, Delphinidin: 4.42mg, Delphinidin: 4.42mg Malvidin: 2.53mg, Malvidin: 2.53mg, Malvidin: 2.53mg, Malvidin: 2.53mg Pelargonidin: 1.15mg, Pelargonidin: 1.15mg, Pelargonidin: 1.15mg, Pelargonidin: 1.15mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 626.38kcal (31.32%), Fat: 2.44g (3.76%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 114.62g (38.21%), Net Carbohydrates: 77.73g (28.26%), Sugar: 5.49g (6.1%), Cholesterol: 0mg (0%), Sodium: 18.74mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.31g (78.61%), Folate: 707.28µg (176.82%), Fiber: 36.89g (147.57%), Manganese: 2.43mg (121.34%), Vitamin B1: 1.31mg (87.17%), Phosphorus: 707.6mg (70.76%), Magnesium: 270.57mg (67.64%), Copper: 1.33mg (66.47%), Potassium: 2058mg (58.8%), Iron: 10.08mg (56.02%), Zinc: 5.63mg (37.5%), Vitamin B6: 0.68mg (33.83%), Selenium: 22.8µg (32.57%), Vitamin B2: 0.39mg (23.22%), Vitamin B3: 4.26mg (21.32%), Vitamin B5: 2mg (20.01%), Calcium: 173.53mg (17.35%), Vitamin K: 11.11µg (10.58%), Vitamin C: 5.63mg (6.83%), Vitamin E: 0.53mg (3.53%), Vitamin A: 57.12IU (1.14%)