



North Woods Bean Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



5

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots halved
- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black
- ☐ 31.6 ounce great northern beans drained and rinsed canned
- ☐ 4 cups fat-skimmed beef broth fat-free
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 1 cup onion chopped

☐ 7 ounces turkey kielbasa halved lengthwise cut into 1/2-inch pieces

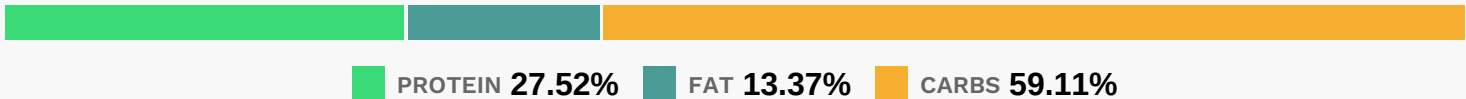
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a large saucepan coated with cooking spray over medium-high heat.
- ☐ Add carrots, onion, garlic, and kielbasa; saut 3 minutes, stirring occasionally. Reduce heat to medium; cook 5 minutes.
- ☐ Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.
- ☐ Place 2 cups of the soup in a food processor or blender, and process until smooth. Return the pureed mixture to pan. Simmer an additional 5 minutes.
- ☐ Remove soup from heat.
- ☐ Add the spinach, stirring until spinach wilts.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:32.04739134208%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 306.63kcal (15.33%), Fat: 4.7g (7.23%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 35.43g (12.88%), Sugar: 4.28g (4.76%), Cholesterol: 21.04mg (7.01%), Sodium: 1273.01mg (55.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.53%), Vitamin K: 168.76µg (160.72%), Vitamin A: 6782.64IU (135.65%), Manganese: 1.19mg (59.58%), Folate: 229.65µg (57.41%), Iron: 8.21mg (45.6%), Fiber: 11.33g (45.33%), Phosphorus: 372.64mg (37.26%), Magnesium: 136.93mg (34.23%), Vitamin C: 27.37mg (33.17%), Potassium: 1068.76mg (30.54%), Selenium: 21.07µg (30.1%), Vitamin B6: 0.52mg (25.79%), Vitamin B1: 0.35mg (23.27%), Copper: 0.46mg (22.75%), Vitamin B3: 3.74mg (18.72%), Vitamin B2: 0.3mg (17.6%), Calcium: 166.04mg (16.6%), Zinc: 2.35mg (15.64%), Vitamin B5: 0.89mg (8.92%), Vitamin B12: 0.53µg (8.9%), Vitamin E: 0.77mg (5.15%)