



Our Simple Supper: Kale and White Bean Soup



Gluten Free



Popular

READY IN



1565 min.

SERVINGS



5

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon chopped ()
- ☐ 0.3 teaspoon baking soda
- ☐ 2 bay leaves
- ☐ 1 tablespoon butter
- ☐ 2 medium carrots peeled finely chopped (and)
- ☐ 3 ribs celery finely chopped ()
- ☐ 8 cups chicken stock see
- ☐ 5 servings olive oil extra virgin (to serve)

- ☐ 1 bunch kale trimmed sliced thin (of tough stems and)
- ☐ 1 branch rosemary
- ☐ 2 cups beans white (such as cannellini beans)
- ☐ 1 medium onion yellow finely chopped ()
- ☐ 0.5 teaspoon piment d'espLETTE (or paprika)

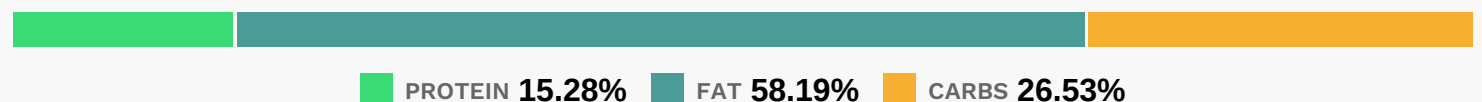
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Toss the beans in a large mixing bowl, cover with hot water by 2 inches and stir in baking soda. Soak for 18 to 24 hours, changing the water once or twice.
- ☐ Drain and rinse well.
- ☐ Transfer the soaked beans into a large stock pot, cover with water and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, covered, until beans are tender – about 1 1/2 hours.
- ☐ Drain.Melt butter in a large stock pot until it froths. Stir in bacon and cook until crispy. Stir in onion, carrots, celery and garlic. Stir frequently, and fry until fragrant – about 10 minutes.
- ☐ Pour in chicken stock, add rosemary, bay and the rind of a piece of parmesan cheese. Simmer over medium heat, covered, for 20 to 30 minutes.
- ☐ Remove from heat, stir in piment d'Esplette and kale. Cover and allow the kale to wilt in the residual heat of the soup for about 5 minutes. Salt as needed and serve with extra virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:54.57, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:23.085652004118%

Flavonoids

Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 7.24mg, Isorhamnetin: 7.24mg, Isorhamnetin: 7.24mg, Isorhamnetin: 7.24mg Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg, Kaempferol: 12.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

Nutrients (% of daily need)

Calories: 460.18kcal (23.01%), Fat: 30.41g (46.79%), Saturated Fat: 7.7g (48.13%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 25.19g (9.16%), Sugar: 8.69g (9.65%), Cholesterol: 32.51mg (10.84%), Sodium: 977.07mg (42.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.94%), Vitamin A: 6875.93IU (137.52%), Vitamin K: 121.13µg (115.36%), Vitamin B3: 7.64mg (38.18%), Vitamin C: 28.97mg (35.12%), Vitamin B2: 0.47mg (27.65%), Fiber: 6g (24%), Vitamin B6: 0.41mg (20.61%), Potassium: 714.49mg (20.41%), Selenium: 13.51µg (19.3%), Vitamin E: 2.7mg (17.97%), Iron: 3.15mg (17.47%), Phosphorus: 172.28mg (17.23%), Vitamin B1: 0.26mg (17.21%), Calcium: 147.09mg (14.71%), Manganese: 0.27mg (13.57%), Folate: 53.07µg (13.27%), Copper: 0.26mg (13%), Magnesium: 34.85mg (8.71%), Zinc: 1.04mg (6.94%), Vitamin B5: 0.31mg (3.05%), Vitamin B12: 0.12µg (1.97%)