



Pasta, Kale and White Bean Soup

READY IN



40 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon chopped
- 15 ounce beans white drained and rinsed canned
- 3 carrots cut into 1/2-inch pieces
- 0.8 teaspoon thyme leaves fresh chopped
- 2 cloves garlic minced
- 1 cup kale frozen dry thawed chopped
- 4 servings kosher salt and pepper freshly ground
- 2 cups chicken broth low-sodium
- 1 small onion diced

- 0.5 cup parmesan grated
- 1.5 cups soup noodles such as ditalini (8 ounces)
- 1 tablespoon tomato paste

Equipment

- bowl
- ladle
- dutch oven

Directions

- Put the bacon in a large pot or Dutch oven over medium heat and cook, stirring occasionally, until crisp, about 4 minutes.
- Add the onion and cook, stirring occasionally, until slightly softened, about 3 minutes.
- Add the carrots, garlic, tomato paste, thyme and 1/2 teaspoon each salt and pepper and cook until the carrots begin to soften, about 2 minutes.
- Add the chicken broth, 6 cups water and the parmesan rind. Increase the heat to high; cover and bring to a boil.
- Add the pasta and beans and cook, uncovered, 5 minutes. Reduce the heat to medium and add the kale. Simmer, uncovered, until slightly thickened, about 7 minutes.
- Remove the parmesan rind, stir in half of the grated cheese and season with salt and pepper. Ladle into bowls and top with the remaining cheese.
- Per Serving: Calories: 499; Total Fat: 16 grams; Saturated Fat: 6 grams; Protein: 23 grams; Total carbohydrates: 66 grams; Sugar: grams; Fiber: 9 grams; Cholesterol: 44 milligrams; Sodium: 763 milligrams
- Photograph by Christopher Testani

Nutrition Facts



PROTEIN 19.61% **FAT 20.42%** **CARBS 59.97%**

Properties

Glycemic Index:70.96, Glycemic Load:7.76, Inflammation Score:-10, Nutrition Score:27.319999668909%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 525.1kcal (26.25%), Fat: 11.98g (18.44%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 79.2g (26.4%), Net Carbohydrates: 70.04g (25.47%), Sugar: 5.7g (6.33%), Cholesterol: 19.39mg (6.46%), Sodium: 614.7mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.81%), Vitamin A: 8350.5IU (167.01%), Selenium: 48.25µg (68.93%), Manganese: 1.3mg (64.81%), Phosphorus: 391.71mg (39.17%), Fiber: 9.16g (36.64%), Vitamin K: 30.42µg (28.98%), Potassium: 1007.91mg (28.8%), Calcium: 282.63mg (28.26%), Copper: 0.55mg (27.57%), Iron: 4.89mg (27.14%), Magnesium: 107.9mg (26.98%), Folate: 97.28µg (24.32%), Vitamin B3: 4.18mg (20.89%), Zinc: 2.95mg (19.64%), Vitamin B6: 0.36mg (17.83%), Vitamin B1: 0.26mg (17.26%), Vitamin B2: 0.23mg (13.32%), Vitamin C: 10.84mg (13.14%), Vitamin E: 1.52mg (10.14%), Vitamin B5: 0.78mg (7.84%), Vitamin B12: 0.35µg (5.84%)