



Patchwork Soup Mix

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chicken soup base
- ☐ 0.3 cup kidney beans dried
- ☐ 0.3 cup lima beans *soaked overnight dried
- ☐ 0.3 cup onion dried minced
- ☐ 0.3 cup pinto beans dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup cannellini beans
- ☐ 0.3 cup peas dried split green

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon oregano dried
- ☐ 10 servings herbed oyster crackers
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup peas dried split yellow

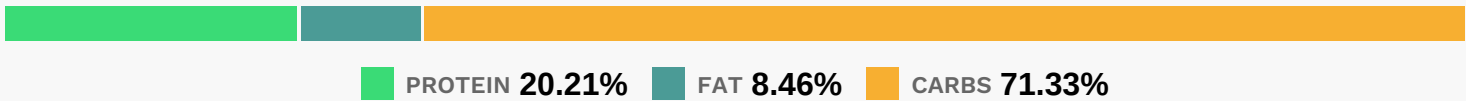
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine 8 cups water and soup mix in a large stockpot; bring to a boil. Cover, remove from heat and let sit one hour. Return pan to heat; stir in 2 cups chopped carrots and 1 1/2 cups chopped celery.
- ☐ Add 1 1/2 pounds smoked ham hock; bring to a boil. Cover, reduce heat and simmer 2 hours or until beans are tender; skim fat as necessary.
- ☐ Remove ham hock from soup; remove meat from bone. Chop meat and return to soup. Stir in 1/4 teaspoon pepper.
- ☐ Heat thoroughly and serve.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:10.940434909385%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 184.34kcal (9.22%), Fat: 1.75g (2.69%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 25.8g (9.38%), Sugar: 2.63g (2.92%), Cholesterol: 0.06mg (0.02%), Sodium: 265.63mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.81%), Folate: 146.07µg (36.52%), Manganese: 0.61mg (30.52%), Fiber: 7.4g (29.61%), Vitamin B1: 0.33mg (22.1%), Iron: 2.8mg (15.57%), Phosphorus: 153.04mg (15.3%), Copper: 0.3mg (15.04%), Magnesium: 56.54mg (14.14%), Potassium: 476.99mg (13.63%), Vitamin B2: 0.15mg (8.68%), Vitamin B3: 1.71mg (8.56%), Vitamin B6: 0.15mg (7.63%), Zinc: 1.07mg (7.13%), Vitamin K: 7.07µg (6.73%), Selenium: 4.65µg (6.64%), Vitamin B5: 0.52mg (5.2%), Calcium: 36.93mg (3.69%), Vitamin C: 2.06mg (2.49%), Vitamin E: 0.27mg (1.77%)