



Pesto, Chicken, and White Bean Soup

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil pesto as needed plus more
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 15 ounce cannellini beans drained and rinsed canned
- 4 ounces ground sausage sweet italian hot uncooked
- 1.5 teaspoons kosher salt as needed plus more
- 1 tablespoon juice of lemon freshly squeezed
- 1 quart chicken broth low-sodium
- 2 tablespoons olive oil

- 0.5 teaspoon pepper red
- 1 pound chicken breast boneless skinless cut into 3/4-inch pieces (2 medium)
- 2 cups water
- 1 medium onion yellow
- 12 ounces zucchini

Equipment

- bowl
- pot
- wooden spoon
- slotted spoon
- dutch oven

Directions

- Heat the oil in a large heavy-bottomed pot or Dutch oven over medium-high heat until shimmering.
- Add the sausage and cook, breaking it up into small pieces with a wooden spoon, until it's browned and cooked through, about 4 minutes.
- Add the chicken and 1/2 teaspoon of the salt and stir to combine. Cook, stirring occasionally, until the chicken is browned and cooked through, about 5 minutes more. Using a slotted spoon, remove the sausage and chicken to a medium bowl and set aside.
- Add the zucchini, onion, remaining teaspoon of salt, red pepper flakes, and measured pepper to the pot and stir to combine. Reduce the heat to medium and cook, scraping up any browned bits that have accumulated on the bottom of the pot, until the onion has softened, about 7 minutes. Return the sausage, chicken, and any accumulated juices to the pot.
- Add the broth and water, stir to combine, and bring to a simmer. Reduce the heat to low and stir in the beans and measured pesto. Cook until the beans are just heated through, about 1 minute. Turn off the heat and stir in the lemon juice. Taste and season with additional salt and pepper as needed.
- Serve immediately, with the extra pesto on the side.

Nutrition Facts



■ PROTEIN 30.66% ■ FAT 45.85% ■ CARBS 23.49%

Properties

Glycemic Index:16.63, Glycemic Load:3.15, Inflammation Score:-5, Nutrition Score:14.218260863553%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 277.79kcal (13.89%), Fat: 14.27g (21.96%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 13g (4.73%), Sugar: 2.34g (2.6%), Cholesterol: 47.89mg (15.96%), Sodium: 749.24mg (32.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.95%), Vitamin B3: 8.28mg (41.4%), Selenium: 22.69µg (32.42%), Vitamin B6: 0.61mg (30.42%), Phosphorus: 243.83mg (24.38%), Potassium: 725.09mg (20.72%), Manganese: 0.39mg (19.75%), Iron: 2.51mg (13.96%), Magnesium: 55.06mg (13.76%), Fiber: 3.44g (13.76%), Vitamin B1: 0.19mg (12.94%), Folate: 51.19µg (12.8%), Copper: 0.25mg (12.52%), Vitamin C: 10.32mg (12.51%), Vitamin B5: 1.09mg (10.87%), Vitamin B2: 0.18mg (10.64%), Zinc: 1.47mg (9.8%), Calcium: 78.41mg (7.84%), Vitamin E: 1.14mg (7.58%), Vitamin A: 348.17IU (6.96%), Vitamin B12: 0.36µg (6.01%), Vitamin K: 5.88µg (5.6%)