



## Portuguese Bean Soup II

 Dairy Free

READY IN



180 min.

SERVINGS



15

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 small head cabbage chopped
- 30 ounce kidney beans canned
- 8 ounce tomato sauce canned
- 2 carrots diced
- 1 pound ham hocks
- 16 ounce macaroni
- 1 onion sliced
- 3 potatoes diced

2 pounds spicy portuguese sausage sliced

2 quarts water

## Equipment

pot

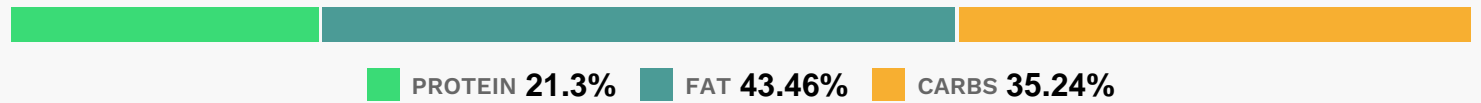
## Directions

In a large pot over low heat, combine sausage, ham hocks, onion and water. Cover and simmer 1 hour.

Remove ham hock from soup, remove meat, tear into small pieces, and return meat to pot. Stir in carrots, potatoes, cabbage and tomato sauce. Cover and continue cooking 60 to 90 minutes more.

Stir in beans and pasta, adding more water as needed, and cook until heated through and pasta is tender, 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.77, Glycemic Load:9.62, Inflammation Score:-8, Nutrition Score:18.612608774849%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

## Nutrients (% of daily need)

Calories: 495.76kcal (24.79%), Fat: 23.82g (36.64%), Saturated Fat: 8.05g (50.34%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 36.78g (13.37%), Sugar: 4.95g (5.5%), Cholesterol: 76.51mg (25.5%), Sodium: 702.21mg (30.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Vitamin K: 41.11µg (39.15%), Vitamin C: 28.77mg (34.87%), Manganese: 0.62mg (31.2%), Vitamin A: 1517.23IU (30.34%), Selenium: 20.14µg (28.77%), Fiber: 6.68g (26.72%), Vitamin B6: 0.49mg (24.65%), Phosphorus: 244.61mg (24.46%), Potassium: 817.72mg (23.36%), Vitamin B3: 4.44mg (22.19%), Vitamin B1: 0.33mg (21.94%), Iron: 3mg (16.69%), Zinc:

2.38mg (15.85%), Magnesium: 62.25mg (15.56%), Copper: 0.31mg (15.49%), Folate: 52.37µg (13.09%), Vitamin B2: 0.18mg (10.54%), Vitamin B5: 0.91mg (9.15%), Vitamin B12: 0.51µg (8.57%), Calcium: 68.71mg (6.87%), Vitamin D: 0.79µg (5.24%), Vitamin E: 0.51mg (3.39%)