



Potato and Bean Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



171 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baking potato cubed peeled ()
- ☐ 21 ounce beef consomme canned
- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 16 ounce kidney beans rinsed drained canned
- ☐ 16 ounce navy beans rinsed drained canned
- ☐ 0.5 cup celery chopped
- ☐ 2 cups tomatoes and chiles diced green canned undrained

- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup onion chopped
- ☐ 2.5 tablespoons parmesan cheese fresh grated
- ☐ 0.3 cup bell pepper red chopped
- ☐ 2.3 cups water

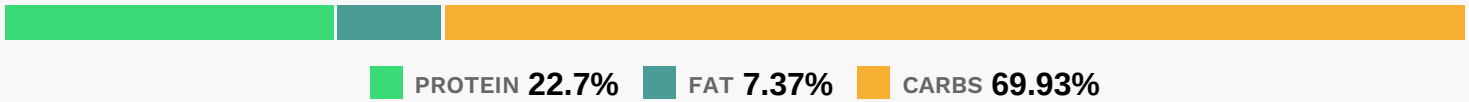
Equipment

- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add the onion and next 4 ingredients (onion through garlic); saut 5 minutes or until crisp-tender.
- ☐ Add water and next 8 ingredients (water through navy beans), and bring to a boil. Reduce heat, and simmer 30 minutes, stirring occasionally.
- ☐ Sprinkle with Parmesan cheese

Nutrition Facts



Properties

Glycemic Index:41.34, Glycemic Load:8.42, Inflammation Score:-6, Nutrition Score:12.714347903657%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 171.31kcal (8.57%), Fat: 1.46g (2.25%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 23.49g (8.54%), Sugar: 3.77g (4.19%), Cholesterol: 0.94mg (0.31%), Sodium: 760.73mg (33.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Manganese: 0.64mg (32.25%), Fiber: 7.67g (30.67%), Vitamin C: 21.2mg (25.69%), Vitamin B6: 0.42mg (21.09%), Phosphorus: 193.14mg (19.31%), Potassium: 648.13mg (18.52%), Folate: 67.43µg (16.86%), Iron: 2.96mg (16.47%), Magnesium: 64.45mg (16.11%), Copper: 0.31mg (15.31%), Vitamin B1: 0.2mg (13.46%), Calcium: 97.98mg (9.8%), Vitamin B3: 1.89mg (9.47%), Vitamin B2: 0.14mg (8.12%), Vitamin K: 8.29µg (7.9%), Zinc: 1.12mg (7.43%), Selenium: 4.98µg (7.11%), Vitamin E: 0.89mg (5.97%), Vitamin A: 265.08IU (5.3%), Vitamin B5: 0.45mg (4.49%), Vitamin B12: 0.06µg (1.05%)