



Red Bean Soup with Walnuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 cups chicken broth
- ☐ 2 teaspoons coriander seeds crushed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup olive oil
- ☐ 2 large onions finely chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1 pound beans dried red
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts finely chopped

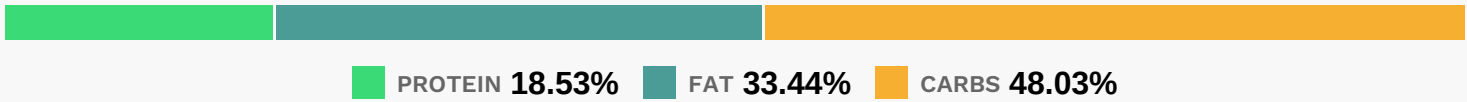
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a Dutch oven. Cover with water 2 inches above beans; let stand 8 hours or overnight.
- ☐ Drain.
- ☐ Combine beans, broth, and salt in Dutch oven; bring to a boil over medium heat. Cover, reduce heat, and simmer 1 hour or until beans are tender.
- ☐ Drain beans, reserving 3 cups liquid. Mash beans with the back of a spoon, and return to Dutch oven. Stir in reserved liquid.
- ☐ Saut onion and garlic in hot oil in a skillet until tender. Stir in walnuts and next 3 ingredients.
- ☐ Add walnut mixture to beans, and cook until thoroughly heated.
- ☐ Sprinkle with cilantro and parsley.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:9.5, Inflammation Score:-7, Nutrition Score:17.579565146695%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Pelargonidin: 2.43mg, Pelargonidin: 2.43mg, Pelargonidin: 2.43mg, Pelargonidin: 2.43mg Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

0.24mg, Kaempferol: 0.24mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg
Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 294.54kcal (14.73%), Fat: 11.29g (17.38%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 36.5g (12.17%), Net
Carbohydrates: 27.52g (10.01%), Sugar: 3.46g (3.84%), Cholesterol: 3.66mg (1.22%), Sodium: 817.02mg (35.52%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.08g (28.16%), Folate: 214.41µg (53.6%), Manganese: 0.96mg
(47.87%), Fiber: 8.98g (35.91%), Vitamin K: 37.03µg (35.27%), Vitamin B1: 0.39mg (25.83%), Copper: 0.51mg
(25.5%), Phosphorus: 249.4mg (24.94%), Potassium: 822.17mg (23.49%), Iron: 4.04mg (22.42%), Magnesium:
88.16mg (22.04%), Vitamin B6: 0.29mg (14.53%), Vitamin B2: 0.24mg (14.15%), Zinc: 1.85mg (12.33%), Vitamin C:
7.71mg (9.34%), Vitamin B3: 1.62mg (8.12%), Vitamin E: 1.13mg (7.55%), Calcium: 71.97mg (7.2%), Vitamin B5: 0.51mg
(5.07%), Selenium: 3.1µg (4.43%), Vitamin A: 206.7IU (4.13%)