



HEALTH SCORE

85%

Ribollita



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce .5 can cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2.5 tablespoons olive oil extravirgin divided
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced

- ☐ 0.3 teaspoon ground pepper red
- ☐ 12 ounces bread french italian
- ☐ 3 cups kale chopped
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 3 cups swiss chard chopped
- ☐ 0.3 cup tomato purée canned
- ☐ 3 cups water

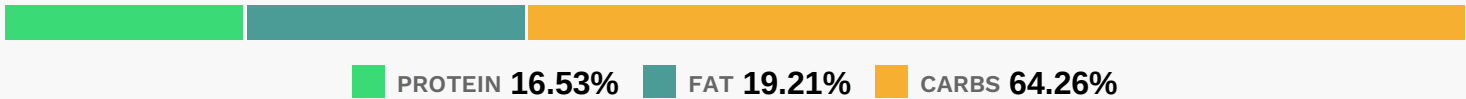
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat 1 1/2 teaspoons oil in a Dutch oven over medium heat.
- ☐ Add carrots and next 4 ingredients (through garlic); cook 5 minutes or until onion is tender, stirring frequently.
- ☐ Add chard and next 8 ingredients (through tomatoes); stir to combine. Bring to a boil; reduce heat, and simmer 45 minutes.
- ☐ Place 1/3 cup beans in a bowl; mash with a fork until smooth.
- ☐ Add mashed beans, remaining beans, and bread to soup; cook 5 minutes or until thoroughly heated. Ladle soup into bowls.
- ☐ Drizzle remaining 2 tablespoons oil evenly over soup.

Nutrition Facts



Properties

Glycemic Index:61.18, Glycemic Load:23.19, Inflammation Score:-10, Nutrition Score:25.049565159756%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 278.66kcal (13.93%), Fat: 6.15g (9.46%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 39.48g (14.36%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 812.66mg (35.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.8%), Vitamin K: 155.96µg (148.53%), Vitamin A: 4469.33IU (89.39%), Manganese: 0.87mg (43.74%), Vitamin B1: 0.46mg (30.38%), Folate: 120.75µg (30.19%), Iron: 5.17mg (28.7%), Fiber: 6.79g (27.15%), Vitamin C: 20mg (24.24%), Selenium: 16.02µg (22.89%), Potassium: 736.92mg (21.05%), Copper: 0.41mg (20.5%), Magnesium: 80.23mg (20.06%), Vitamin B2: 0.32mg (18.55%), Vitamin B3: 3.69mg (18.44%), Vitamin E: 2.45mg (16.31%), Phosphorus: 160.21mg (16.02%), Vitamin B6: 0.29mg (14.63%), Calcium: 140.75mg (14.07%), Zinc: 1.56mg (10.43%), Vitamin B5: 0.66mg (6.56%), Vitamin B12: 0.17µg (2.84%)