



 **70%**
HEALTH SCORE

Ribollita

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



903 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots finely chopped
- 1 stalk celery finely chopped
- 1 bunch chard washed and cut into strips
- 1 garlic clove
- 12 ounces bread italian homemade store bought stale thinly sliced
- 8 tablespoons olive oil extra-virgin for serving
- 2 onions thinly sliced chopped
- 6 servings bell pepper

- 2 potatoes peeled thinly sliced
- 1 cabbage red washed and cut into strips
- 6 servings salt
- 0.5 savoy cabbage washed and cut into strips
- 2 tablespoons tomato purée
- 1 glass warm water
- 16 ounces beans dried white

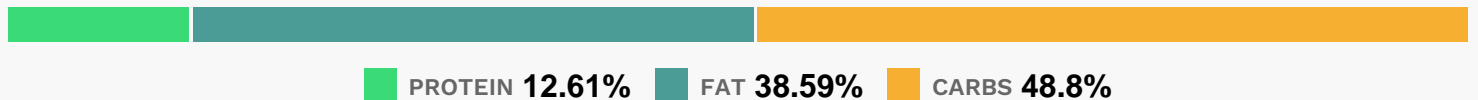
Equipment

- sieve

Directions

- Soak the beans in 2 quarts of water overnight, and then boil them until tender, about 45 minutes to 1 hour. Rub 3/4 of the beans through a sieve and put the puree back into the cooking water. Put aside the remaining whole beans. Brown the garlic and the chopped onion in 8 tablespoons of oil, and as soon as they have softened, add 2 tablespoons of tomato puree diluted with a glass of warm water.
- Add the very finely chopped carrot and the celery, the cabbages, chard, and the potatoes. Season with salt and pepper, cook for a few minutes and then add the pureed beans. Continue cooking for an hour. When the vegetables are well done, add the sliced bread and the whole beans previously put aside.
- Mix well, pour into a soup tureen and serve with a touch of extra-virgin olive oil and the thinly sliced onion passed around separately.

Nutrition Facts



Properties

Glycemic Index:57.93, Glycemic Load:14.59, Inflammation Score:-10, Nutrition Score:52.042173675869%

Flavonoids

Cyanidin: 293.41mg, Cyanidin: 293.41mg, Cyanidin: 293.41mg, Cyanidin: 293.41mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg, Quercetin: 10.26mg

Nutrients (% of daily need)

Calories: 902.82kcal (45.14%), Fat: 40.1g (61.69%), Saturated Fat: 13.77g (86.05%), Carbohydrates: 114.05g (38.02%), Net Carbohydrates: 90.26g (32.82%), Sugar: 32.79g (36.44%), Cholesterol: 0mg (0%), Sodium: 606.47mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Vitamin K: 544.12µg (518.21%), Vitamin C: 231.54mg (280.66%), Vitamin A: 9458.91IU (189.18%), Folate: 478.74µg (119.69%), Manganese: 2.29mg (114.71%), Fiber: 23.79g (95.16%), Potassium: 2766.98mg (79.06%), Iron: 12.61mg (70.04%), Magnesium: 269.79mg (67.45%), Vitamin B6: 1.23mg (61.34%), Copper: 1.04mg (51.87%), Vitamin B1: 0.7mg (46.41%), Phosphorus: 423.51mg (42.35%), Vitamin E: 5.46mg (36.37%), Calcium: 327.65mg (32.77%), Vitamin B3: 5.65mg (28.23%), Zinc: 4.09mg (27.3%), Vitamin B2: 0.44mg (25.64%), Selenium: 12.26µg (17.51%), Vitamin B5: 1.55mg (15.47%)