



Ribollita

READY IN



1550 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 cups sourdough bread cubes
- ☐ 28 ounce canned tomatoes italian chopped canned
- ☐ 1 cup carrots chopped (3 carrots)
- ☐ 1 cup celery chopped (3 stalks)
- ☐ 6 cups chicken stock see homemade
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 4 cups kale coarsely chopped

- ☐ 8 servings kosher salt
- ☐ 0.3 cup olive oil good for serving
- ☐ 0.3 pound pancetta smoked diced
- ☐ 0.5 cup parmesan freshly grated for serving
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 cups savoy cabbage shredded coarsely chopped
- ☐ 0.5 pound beans dried white such as great northern or cannellini
- ☐ 2 cups onions yellow chopped (2 onions)

Equipment

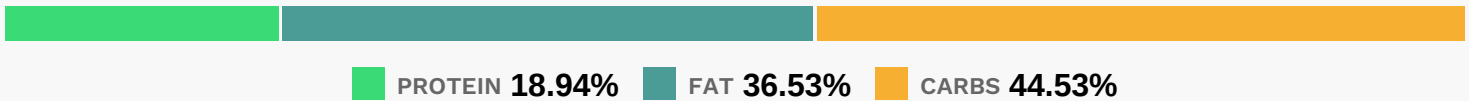
- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ In a large bowl, cover the beans with cold water by 1-inch and cover with plastic wrap. Allow to soak overnight in the refrigerator.
- ☐ Drain the beans and place them in a large pot with 8 cups of water, and bring to a boil. Lower the heat and simmer uncovered for 45 minutes.
- ☐ Add 1 teaspoon of salt and continue to simmer for about 15 minutes, until the beans are tender. Set the beans aside to cool in their liquid.
- ☐ Meanwhile, heat the oil in a large stockpot.
- ☐ Add the pancetta and onions and cook over medium-low heat for 7 to 10 minutes, until the onions are translucent.
- ☐ Add the carrots, celery, garlic, 1 tablespoon of salt, the pepper, and red pepper flakes. Cook over medium-low heat for 7 to 10 minutes, until the vegetables are tender.
- ☐ Add the tomatoes with their puree, the cabbage, if using, the kale, and basil and cook over medium-low heat, stirring occasionally, for another 7 to 10 minutes.

- ☐
- Drain the beans, reserving their cooking liquid. In the bowl of a food processor fitted with a steel blade, puree half of the beans with a little of their liquid.
- ☐
- Add to the stockpot, along with the remaining whole beans.
- ☐
- Pour the bean cooking liquid into a large measuring cup and add enough chicken stock to make 8 cups.
- ☐
- Add to the soup and bring to a boil. Reduce the heat and simmer over low heat for 20 minutes.
- ☐
- Add the bread to the soup and simmer for 10 more minutes. Taste for seasoning and serve hot in large bowls sprinkled with Parmesan and drizzled with olive oil.

Nutrition Facts



Properties

Glycemic Index:55.92, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:31.84391318456%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg, Isorhamnetin: 4.48mg Kaempferol: 6.49mg, Kaempferol: 6.49mg, Kaempferol: 6.49mg, Kaempferol: 6.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg, Quercetin: 10.74mg

Nutrients (% of daily need)

Calories: 414.27kcal (20.71%), Fat: 17.34g (26.67%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 38.04g (13.83%), Sugar: 12.04g (13.38%), Cholesterol: 19.01mg (6.34%), Sodium: 904.7mg (39.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Vitamin A: 4501.41IU (90.03%), Vitamin K: 89.21µg (84.97%), Manganese: 1.07mg (53.74%), Folate: 200.4µg (50.1%), Vitamin C: 35.41mg (42.93%), Fiber: 9.5g (38.02%), Potassium: 1316.36mg (37.61%), Copper: 0.66mg (32.9%), Iron: 5.91mg (32.83%), Vitamin B1: 0.48mg (31.71%), Vitamin B6: 0.6mg (30.04%), Vitamin B3: 5.97mg (29.83%), Phosphorus: 289.74mg (28.97%), Magnesium: 112.46mg (28.12%), Calcium: 255.84mg (25.58%), Selenium: 17.47µg (24.96%), Vitamin B2: 0.42mg (24.52%), Vitamin E: 2.75mg (18.31%), Zinc: 2.35mg (15.65%), Vitamin B5: 0.86mg (8.57%), Vitamin B12: 0.15µg (2.43%)