



Roasted Vegetable and White Bean Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



59 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce navy beans rinsed drained canned
- 14.5 ounce canned tomatoes diced canned
- 0.5 cup carrots chopped (2)
- 2 teaspoons chipotle chile in adobo sauce minced (1 chile)
- 14 ounce less-sodium chicken broth fat-free canned
- 2 cups bell pepper green chopped (2 large)
- 1 tablespoon olive oil
- 1 cup onion chopped (1 medium)

- 1 teaspoon oregano dried
- 0.3 teaspoon salt
- 0.3 teaspoon sugar
- 1 cup baby squash yellow chopped (1 large)

Equipment

- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 45
- Place first 4 ingredients on a foil-lined baking sheet coated with cooking spray. Coat vegetables with cooking spray.
- Bake at 450 for 30 minutes.
- Stir together roasted vegetables, beans, and remaining ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 10 minutes.
- Remove from heat; let stand 5 minutes.

Nutrition Facts

 **PROTEIN 19.19%**  **FAT 16.47%**  **CARBS 64.34%**

Properties

Glycemic Index:57.23, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:24.849565195001%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg

Nutrients (% of daily need)

Calories: 241.87kcal (12.09%), Fat: 4.72g (7.26%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 30.6g (11.13%), Sugar: 10.29g (11.43%), Cholesterol: 0mg (0%), Sodium: 1210.5mg (52.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.75%), Vitamin C: 78.86mg (95.59%), Vitamin A: 3235.49IU (64.71%), Fiber: 10.9g (43.61%), Manganese: 0.86mg (43.22%), Vitamin B6: 0.59mg (29.43%), Folate: 112.13µg (28.03%), Potassium: 977.82mg (27.94%), Copper: 0.53mg (26.62%), Iron: 4.32mg (24.01%), Phosphorus: 239.33mg (23.93%), Magnesium: 94.37mg (23.59%), Vitamin B1: 0.33mg (21.99%), Vitamin K: 22.58µg (21.51%), Vitamin E: 3.19mg (21.25%), Vitamin B3: 3.08mg (15.42%), Selenium: 9.67µg (13.82%), Vitamin B2: 0.22mg (12.96%), Calcium: 126.49mg (12.65%), Zinc: 1.47mg (9.8%), Vitamin B5: 0.81mg (8.15%), Vitamin B12: 0.2µg (3.31%)