



## Rosemary White Bean Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



410 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound .5 can cannellini beans dried white
- ☐ 2 quarts chicken stock see
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup olive oil good
- ☐ 1 large branch rosemary fresh (6 to 7 inches)

☐ 4 cups onions yellow sliced (3 onions)

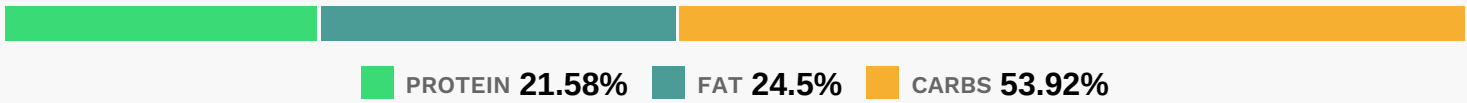
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ In a medium bowl, cover the beans with water by at least 1-inch and leave them in the refrigerator for 6 hours or overnight.
- ☐ Drain.
- ☐ In a large stockpot over low to medium heat, saute the onions with the olive oil until the onions are translucent, 10 to 15 minutes.
- ☐ Add the garlic and cook over low heat for 3 more minutes.
- ☐ Add the drained white beans, rosemary, chicken stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft.
- ☐ Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade and pulse until coarsely pureed. Return the soup to the pot to reheat and add salt and pepper, to taste.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:28.747826560684%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin:

5.34mg, Isorhamnetin: 5.34mg Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg  
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 21.67mg, Quercetin:  
21.67mg, Quercetin: 21.67mg, Quercetin: 21.67mg

**Nutrients (% of daily need)**

Calories: 489.71kcal (24.49%), Fat: 13.56g (20.86%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 67.15g (22.38%),  
Net Carbohydrates: 53.75g (19.55%), Sugar: 11.11g (12.35%), Cholesterol: 9.46mg (3.15%), Sodium: 1243.05mg  
(54.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.74%), Folate: 329.63µg (82.41%),  
Manganese: 1.54mg (76.91%), Fiber: 13.4g (53.58%), Potassium: 1851.63mg (52.9%), Iron: 8.89mg (49.37%), Copper:  
0.96mg (48.11%), Magnesium: 167.65mg (41.91%), Phosphorus: 345.58mg (34.56%), Vitamin B1: 0.49mg (32.81%),  
Vitamin B6: 0.57mg (28.73%), Vitamin B3: 5.48mg (27.4%), Selenium: 17.3µg (24.72%), Vitamin B2: 0.41mg  
(24.06%), Zinc: 3.42mg (22.77%), Calcium: 219.22mg (21.92%), Vitamin C: 8.88mg (10.76%), Vitamin E: 1.57mg  
(10.49%), Vitamin K: 11µg (10.48%), Vitamin B5: 0.69mg (6.94%)