



 **93%**
HEALTH SCORE

Rustic Red Kale and White Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



134 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 serving balsamic vinegar
- 30 ounce tomatoes diced canned
- 15 ounce cannellini beans white canned
- 3 ribs celery chopped
- 0.5 cup basil fresh frozen chopped (or 5 "ice cubes" of basil)
- 4 cloves garlic minced
- 1 bunch kale green red (or use any other available)
- 1 large onion chopped

- 1 teaspoon oregano dried
- 0.5 cup parsley chopped
- 1 pinch pepper red
- 6 servings salt and pepper to taste
- 4 cups water

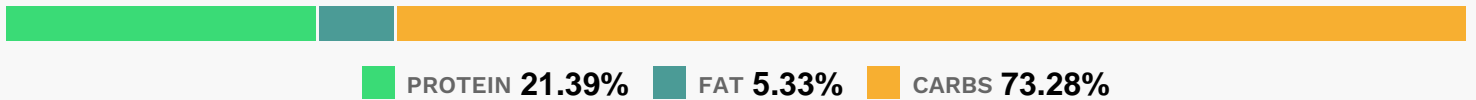
Equipment

- bowl
- pot

Directions

- Heat a large, non-stick pot over medium-high heat.
- Add the onion and celery and cook until the onion begins to brown, adding water by the tablespoon if needed to prevent sticking.
- Add the garlic, and sauté for another minute.
- Add all the remaining ingredients, and allow the soup to simmer, adding extra water as needed, until the kale is tender, about 30–60 minutes, depending on the kale. Taste the soup and add more basil, if necessary.
- Serve the soup, stirring a few drops of balsamic vinegar and a sprinkling of vegan parmesan into each bowl, if desired. Makes about 6 servings.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:21.313912961794%

Flavonoids

Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg, Apigenin: 11.36mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg Kaempferol: 10.44mg, Kaempferol: 10.44mg, Kaempferol: 10.44mg, Kaempferol: 10.44mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg

Quercetin: 10.8mg

Nutrients (% of daily need)

Calories: 133.79kcal (6.69%), Fat: 0.85g (1.31%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 19.47g (7.08%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 440.59mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin K: 189.05µg (180.05%), Vitamin A: 2958.14IU (59.16%), Vitamin C: 43.53mg (52.76%), Manganese: 0.76mg (37.75%), Fiber: 6.84g (27.36%), Iron: 4.49mg (24.93%), Folate: 92.61µg (23.15%), Potassium: 801.32mg (22.89%), Calcium: 189.47mg (18.95%), Magnesium: 70.69mg (17.67%), Copper: 0.34mg (17%), Vitamin B6: 0.32mg (16.17%), Phosphorus: 123.52mg (12.35%), Vitamin E: 1.85mg (12.32%), Vitamin B2: 0.21mg (12.24%), Vitamin B1: 0.18mg (12.11%), Zinc: 1.27mg (8.44%), Vitamin B3: 1.55mg (7.76%), Vitamin B5: 0.44mg (4.37%), Selenium: 1.99µg (2.84%)