



HEALTH SCORE

100%

Savory Kale, Cannellini Bean, and Potato Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.8 cup carrots diced
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 0.5 teaspoon sage fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 6 servings ground pepper black to taste
- ☐ 2 cups kale leaves finely chopped

- ☐ 3 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion diced
- ☐ 3 potatoes halved sliced
- ☐ 1 small chile pepper red seeded chopped fine
- ☐ 2 cups water
- ☐ 1 cup white wine

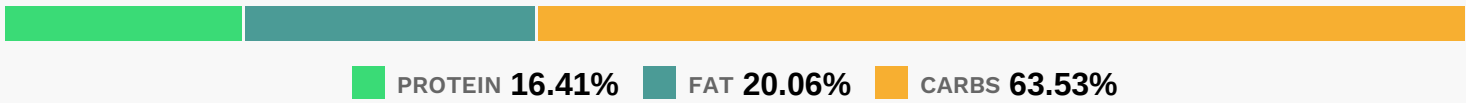
Equipment

- ☐ dutch oven

Directions

- ☐ Heat the olive oil in a large Dutch oven over medium heat; cook and stir the onion until softened and translucent, about 5 minutes. Stir in the carrot and garlic, and cook for 5 minutes more.
- ☐ Pour in the chicken broth, water, and white wine; stir in the potatoes, rosemary, sage, and thyme. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes.
- ☐ Add the cannellini beans, kale, chile pepper, and black pepper, and simmer, covered, for 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:64.6, Glycemic Load:18.97, Inflammation Score:-10, Nutrition Score:21.070434902025%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg Kaempferol: 4.29mg, Kaempferol: 4.29mg, Kaempferol: 4.29mg, Kaempferol: 4.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 284.12kcal (14.21%), Fat: 5.91g (9.09%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 34.87g (12.68%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 68.15mg (2.96%), Alcohol: 4.12g (100%), Alcohol %: 1.1% (100%), Protein: 10.88g (21.75%), Vitamin A: 3455.05IU (69.1%), Vitamin C: 41.49mg (50.29%), Copper: 0.91mg (45.3%), Manganese: 0.77mg (38.57%), Vitamin K: 37.92µg (36.11%), Potassium: 1059.12mg (30.26%), Fiber: 7.23g (28.94%), Vitamin B6: 0.52mg (26.03%), Iron: 3.84mg (21.34%), Folate: 79.33µg (19.83%), Magnesium: 78.04mg (19.51%), Phosphorus: 193.55mg (19.36%), Vitamin B3: 3.24mg (16.2%), Vitamin B1: 0.2mg (13.12%), Calcium: 112.88mg (11.29%), Vitamin E: 1.49mg (9.93%), Zinc: 1.48mg (9.84%), Vitamin B2: 0.15mg (8.93%), Vitamin B5: 0.57mg (5.75%), Selenium: 2.07µg (2.95%), Vitamin B12: 0.12µg (1.97%)