

Senate Bean Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



275 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup celery stalks chopped
- 1 lb navy beans dried rinsed
- 1 clove garlic finely chopped
- 1 ham smoked
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 2.5 cups potatoes mashed
- 2 teaspoons salt

12 cups water

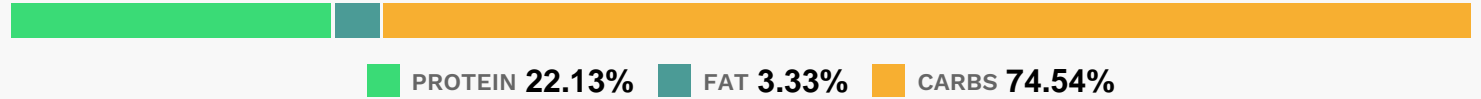
Equipment

dutch oven

Directions

- In 4-quart Dutch oven, heat beans and water to boiling. Boil uncovered 2 minutes; remove from heat. Cover and let stand 1 hour.
- Add ham bone.
- Heat to boiling; reduce heat. Cover and simmer about 2 hours or until beans are tender.
- Stir in remaining ingredients. Cover and simmer 1 hour.
- Remove ham bone; let stand until cool enough to handle.
- Remove ham from bone.
- Remove excess fat from ham; cut ham into 1/2-inch pieces. Stir ham into soup.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:8.9, Inflammation Score:-7, Nutrition Score:19.569130482881%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 252.21kcal (12.61%), Fat: 0.96g (1.48%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 32.47g (11.81%), Sugar: 3.73g (4.15%), Cholesterol: 0.06mg (0.02%), Sodium: 618.38mg (26.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.69%), Fiber: 15.84g (63.38%), Folate: 225.25µg (56.31%), Manganese: 0.96mg (47.95%), Vitamin B1: 0.5mg (33.64%), Copper: 0.62mg (30.77%), Magnesium: 121.51mg (30.38%), Potassium: 1012.98mg (28.94%), Phosphorus: 277.97mg (27.8%), Vitamin B6: 0.47mg (23.72%),

Iron: 3.71mg (20.62%), Vitamin C: 14.92mg (18.08%), Zinc: 2.35mg (15.7%), Calcium: 112.85mg (11.28%), Vitamin B3: 2mg (10%), Selenium: 6.64µg (9.49%), Vitamin B2: 0.13mg (7.48%), Vitamin B5: 0.67mg (6.75%), Vitamin K: 6.55µg (6.24%), Vitamin A: 58.77IU (1.18%)