



Show-Me-State Vegetable-Bean Soup



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots sliced
- ☐ 1 cup celery chopped
- ☐ 2 teaspoons basil dried
- ☐ 1 teaspoon marjoram dried
- ☐ 1 pound navy beans dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 6 garlic cloves minced
- ☐ 2 cups onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup bell pepper red chopped
- ☐ 0.3 cup romano cheese fresh grated
- ☐ 1.5 teaspoons salt
- ☐ 6 ounce tomato paste canned
- ☐ 8 cups water
- ☐ 2 cups zucchini sliced

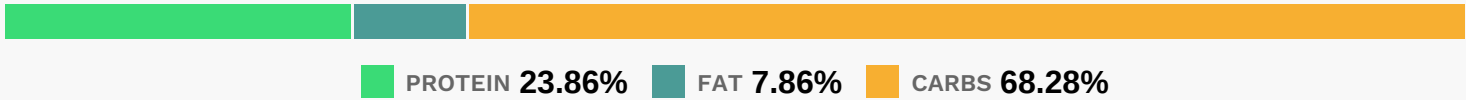
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans; return to pan.
- ☐ Add 8 cups water and next 5 ingredients (water through pepper); bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours.
- ☐ Add onion and next 5 ingredients (onion through garlic); simmer, uncovered, 50 minutes or until vegetables are tender. Stir in tomato paste; cook an additional 10 minutes. Ladle soup into bowls, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:20.628261047213%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 212.02kcal (10.6%), Fat: 1.85g (2.85%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 23g (8.36%), Sugar: 5.9g (6.56%), Cholesterol: 3.47mg (1.16%), Sodium: 444.25mg (19.32%), Alcohol: 1.26g (100%), Alcohol %: 0.44% (100%), Protein: 12.63g (25.26%), Vitamin A: 2753.61IU (55.07%), Fiber: 13.15g (52.58%), Folate: 193.22µg (48.3%), Manganese: 0.86mg (43.15%), Vitamin C: 29.08mg (35.25%), Vitamin B1: 0.41mg (27.59%), Magnesium: 100.14mg (25.04%), Phosphorus: 248.28mg (24.83%), Copper: 0.49mg (24.44%), Potassium: 813.69mg (23.25%), Vitamin B6: 0.4mg (19.75%), Iron: 3.24mg (18.03%), Calcium: 142.62mg (14.26%), Zinc: 2.06mg (13.72%), Vitamin K: 12.29µg (11.7%), Vitamin B2: 0.16mg (9.29%), Selenium: 6.12µg (8.74%), Vitamin B3: 1.68mg (8.4%), Vitamin B5: 0.61mg (6.09%), Vitamin E: 0.64mg (4.24%)