

Simply Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



569 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 1 onion chopped
- 2 cloves garlic minced
- 45 turtle beans white rinsed drained
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 1 tablespoon rosemary leaves fresh
- 1 tablespoon thyme sprigs fresh

- 1 cup wine
- 3 cups chicken broth
- 0.3 cup cooking sherry
- 1 serving salt and pepper to taste

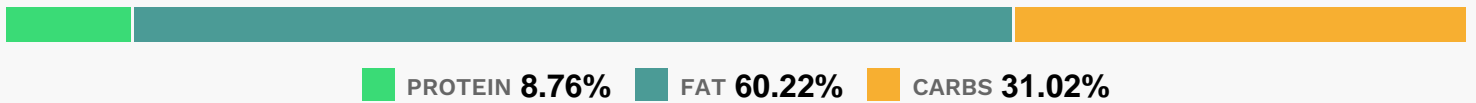
Equipment

- frying pan
- blender

Directions

- Melt the butter in a pan on medium heat.
- Add in the onion and garlic and let it cook up for 2 to 3 minutes.
- Add in the beans and the fresh herbs.
- Next up, add in the wine and broth.
- Allow the mixture a few minutes to heat back up and then turn the heat down a notch to medium low.
- Smooth out the soup either with an emulsifier or in batches in your blender.
- Stir in the sherry and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:346, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:16.925217391304%

Flavonoids

Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg, Naringenin: 1.64mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg, Luteolin: 3.23mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg

0.76mg, Kaempferol: 0.76mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin:
22.55mg, Quercetin: 22.55mg, Quercetin: 22.55mg, Quercetin: 22.55mg

Taste

Sweetness: 63.82%, Saltiness: 9.36%, Sourness: 100%, Bitterness: 50.16%, Savoriness: 16.94%, Fattiness: 35.9%,
Spiciness: 0%

Nutrients (% of daily need)

Calories: 568.81kcal (28.44%), Fat: 24.68g (37.97%), Saturated Fat: 14.63g (91.41%), Carbohydrates: 28.61g (9.54%),
Net Carbohydrates: 24.61g (8.95%), Sugar: 10.66g (11.85%), Cholesterol: 74.3mg (24.77%), Sodium: 3013.81mg
(131.04%), Alcohol: 30.9g (171.67%), Protein: 8.08g (16.16%), Manganese: 1.1mg (55.17%), Vitamin C: 31.83mg
(38.58%), Vitamin B2: 0.55mg (32.11%), Vitamin A: 1318.61IU (26.37%), Iron: 3.62mg (20.11%), Potassium: 693.16mg
(19.8%), Vitamin B6: 0.39mg (19.73%), Folate: 77.97µg (19.49%), Magnesium: 77.85mg (19.46%), Vitamin K: 20.3µg
(19.34%), Calcium: 160.22mg (16.02%), Fiber: 4g (15.99%), Phosphorus: 158.08mg (15.81%), Vitamin B1: 0.23mg
(15.5%), Copper: 0.27mg (13.53%), Vitamin B3: 2.23mg (11.16%), Zinc: 1.49mg (9.96%), Selenium: 4.81µg (6.88%),
Vitamin E: 0.99mg (6.6%), Vitamin B5: 0.45mg (4.53%), Vitamin B12: 0.19µg (3.14%)