



Slow Cooker Ham and Bean Soup

 Dairy Free

READY IN



503 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 teaspoon pepper black freshly ground
- 15.5 ounce cannellini beans drained and rinsed canned
- 3 carrots chopped
- 2 cups chicken broth
- 3 cups ham cubed fully cooked
- 2 cloves garlic finely chopped
- 1 ham bone

- 1 onion chopped
- 8 ounce bean soup mix
- 0.5 teaspoon salt
- 2 cups water

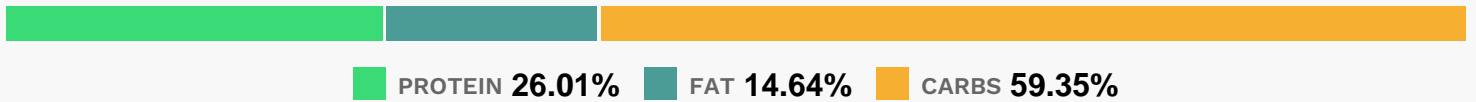
Equipment

- bowl
- slow cooker

Directions

- Place 15-bean soup mix in a large bowl and cover with several inches of cool water; soak in refrigerator 8 hours to overnight.
- Drain and rinse.
- Place 15-bean soup mix, ham bone, cooked ham, chicken broth, water, onion, carrots, great Northern beans, garlic, black pepper, salt, and bay leaf in a slow cooker; stir to combine. Cook on Low for 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:16.469130402026%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 229.01kcal (11.45%), Fat: 3.74g (5.76%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 28.63g (10.41%), Sugar: 3.25g (3.61%), Cholesterol: 32.11mg (10.7%), Sodium: 3151.16mg (137.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.93%), Vitamin A: 3829.41IU (76.59%), Vitamin B1: 0.42mg (27.85%), Manganese: 0.56mg (27.79%), Phosphorus: 274.15mg (27.42%), Fiber: 5.52g (22.08%), Vitamin

B6: 0.39mg (19.5%), Potassium: 626.54mg (17.9%), Selenium: 12.51µg (17.87%), Vitamin C: 14.16mg (17.16%), Vitamin B2: 0.26mg (15.56%), Magnesium: 59.85mg (14.96%), Copper: 0.28mg (13.8%), Folate: 52.81µg (13.2%), Vitamin B3: 2.55mg (12.77%), Zinc: 1.76mg (11.72%), Vitamin B12: 0.61µg (10.15%), Iron: 1.76mg (9.77%), Calcium: 89.69mg (8.97%), Vitamin B5: 0.86mg (8.57%), Vitamin K: 3.89µg (3.71%), Vitamin E: 0.22mg (1.45%)