



Smoked Ham Soup with White Beans

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 16 ounce navy beans dried
- 8 cups less-sodium chicken broth fat-free
- 2 tablespoons parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 4 garlic cloves minced

- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 1 pound ham hocks smoked
- 4 cups water
- 2 cups onion yellow chopped

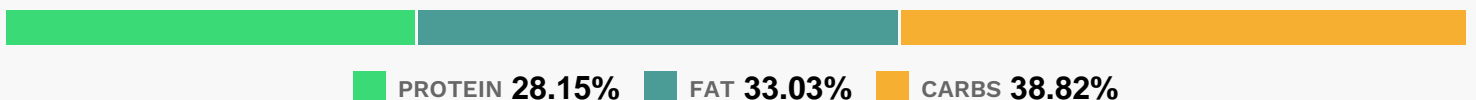
Equipment

- frying pan
- blender
- slotted spoon
- 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.
- Heat oil in pan over medium heat.
- Add onion; cook until tender, stirring occasionally.
- Add garlic, and cook for 1 minute, stirring frequently.
- Add drained beans, broth, and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 2 1/2 hours or until beans are tender. Discard bay leaves.
- Remove ham hocks with a slotted spoon, and cool slightly.
- Remove meat from bones; discard fat, gristle, and bones. Shred meat with 2 forks.
- Place 1 cup of bean mixture in a blender; process until smooth. Return pureed bean mixture to pan; stir until blended. Stir in meat.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:22.25391302938%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 437.12kcal (21.86%), Fat: 16.23g (24.98%), Saturated Fat: 5.2g (32.5%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 27.31g (9.93%), Sugar: 6.52g (7.25%), Cholesterol: 61.8mg (20.6%), Sodium: 1221.92mg (53.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.27%), Fiber: 15.61g (62.45%), Folate: 224.67µg (56.17%), Manganese: 1.02mg (50.79%), Vitamin B1: 0.52mg (34.42%), Potassium: 1171.1mg (33.46%), Copper: 0.65mg (32.65%), Magnesium: 118.37mg (29.59%), Iron: 5.26mg (29.22%), Phosphorus: 287.04mg (28.7%), Vitamin B6: 0.42mg (21.03%), Vitamin K: 21.88µg (20.84%), Selenium: 11.96µg (17.08%), Vitamin B3: 3.21mg (16.05%), Zinc: 2.37mg (15.79%), Calcium: 139.64mg (13.96%), Vitamin C: 9.9mg (12%), Vitamin B2: 0.18mg (10.72%), Vitamin B5: 0.9mg (9.01%), Vitamin B12: 0.45µg (7.57%), Vitamin E: 0.92mg (6.15%), Vitamin A: 209.42IU (4.19%)