



Smoky Escarole and Carrot Soup

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

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces bacon smoked cut into 1/2 -inch dice
- 1 bay leaf
- 3 medium carrots cut into 1/2 -inch dice
- 6 cups chicken stock see low-sodium canned
- 3.5 ounces pinto beans dried
- 1 pound endive cut into 2-inch pieces
- 0.3 cup flat-leaf parsley fresh coarsely chopped
- 1 large garlic clove minced

- 2 tablespoons olive oil extra-virgin
- 1 large onion coarsely chopped
- 8 servings pepper freshly ground
- 8 servings salt
- 2 thyme sprigs fresh

Equipment

- bowl
- sauce pan

Directions

- In a medium bowl, cover the beans with cold water and let soak overnight.
- Drain and rinse the beans. Alternatively, cover the beans with cold water and bring to a boil.
- Remove from the heat and let stand for 1 hour, then drain and rinse the beans.
- In a medium saucepan, combine the beans with the bay leaf and thyme sprigs, cover with 4 cups of cold water and bring to a boil over moderately high heat. Reduce the heat to low and simmer, stirring occasionally, until the beans are tender, about 1 hour. Discard the bay leaf and thyme, season the beans with salt and let them stand in their cooking liquid.
- In a large saucepan, cook the bacon over moderate heat, stirring occasionally, until crisp, about 5 minutes.
- Add the carrots and onion and cook, stirring, for 1 minute.
- Add the chicken stock and bring to a boil. Stir in the escarole, cover and reduce the heat to low. Simmer the soup until the escarole is just tender, about 10 minutes.
- Add the beans and their cooking liquid and season with salt and pepper. Cook the soup until the beans are heated through.
- In a small bowl, combine the garlic, parsley and olive oil. Stir the mixture into the soup just before serving.
- Make Ahead: The soup can be refrigerated for up to 1 day. Rewarm gently before serving.

Nutrition Facts



■ PROTEIN 18.72% ■ FAT 48.22% ■ CARBS 33.06%

Properties

Glycemic Index:37.1, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:19.823478258174%

Flavonoids

Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 189.7kcal (9.49%), Fat: 10.55g (16.24%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 11.51g (4.19%), Sugar: 2.53g (2.81%), Cholesterol: 9.36mg (3.12%), Sodium: 372.45mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.44%), Vitamin K: 167.79µg (159.8%), Vitamin A: 5226.97IU (104.54%), Folate: 156.55µg (39.14%), Manganese: 0.47mg (23.34%), Fiber: 4.77g (19.09%), Potassium: 646.55mg (18.47%), Vitamin B3: 3.65mg (18.24%), Phosphorus: 155.91mg (15.59%), Copper: 0.29mg (14.38%), Vitamin B1: 0.2mg (13.28%), Vitamin C: 10.22mg (12.39%), Iron: 1.84mg (10.22%), Magnesium: 40.05mg (10.01%), Selenium: 6.6µg (9.43%), Vitamin B6: 0.19mg (9.37%), Vitamin B2: 0.16mg (9.14%), Zinc: 1.19mg (7.95%), Vitamin B5: 0.78mg (7.84%), Calcium: 68.13mg (6.81%), Vitamin E: 1.01mg (6.74%), Vitamin B12: 0.25µg (4.13%)