



 **57%**
HEALTH SCORE

Spicy Ham-and-Bean Soup

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

READY IN



45 min.

SERVINGS



7

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes whole undrained chopped canned
- 1 cup celery sliced
- 1.3 cups navy beans dried
- 0.3 cup basil fresh finely chopped
- 0.3 cup basil fresh finely chopped
- 0.3 cup parsley fresh minced
- 2 garlic clove minced
- 1 cup bell pepper green chopped

- 9 ounces ham finely chopped
- 1 ounce finely-chopped ham low-sodium cooked (18-ounce) (from an)
- 2.5 teaspoons jalapeno minced seeded
- 1 cup onion chopped
- 1.5 teaspoons pepper
- 8 ounce tomato sauce canned
- 2 quarts water

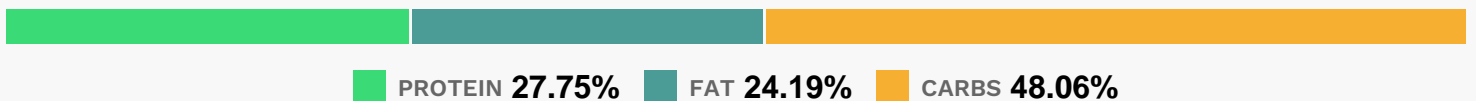
Equipment

- frying pan
- blender
- dutch oven

Directions

- Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans, and bring to a boil; cook 2 minutes.
- Remove from heat; cover and let stand 1 hour.
- Drain beans, and return to pan.
- Add 2 quarts water and next 8 ingredients (water through ham bone). Bring to a boil; cover, reduce heat, and simmer 1 hour or until beans are tender.
- Remove from heat; discard ham bone.
- Place 2 cups of bean mixture in a blender, and process until smooth. Return mixture to pan; add ham and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until heated.

Nutrition Facts



Properties

Glycemic Index:59.71, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:23.65304350853%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 265.8kcal (13.29%), Fat: 7.38g (11.35%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 21.05g (7.65%), Sugar: 6.96g (7.73%), Cholesterol: 25.56mg (8.52%), Sodium: 740.55mg (32.2%), Alcohol: 0g (100%), Protein: 19.04g (38.08%), Vitamin K: 54.15µg (51.57%), Fiber: 11.92g (47.68%), Manganese: 0.84mg (42%), Folate: 163.63µg (40.91%), Vitamin B1: 0.61mg (40.75%), Vitamin C: 33.41mg (40.5%), Copper: 0.58mg (28.98%), Phosphorus: 287.54mg (28.75%), Potassium: 962.68mg (27.51%), Vitamin B6: 0.54mg (26.87%), Magnesium: 101.47mg (25.37%), Iron: 3.86mg (21.46%), Selenium: 14.04µg (20.05%), Vitamin B3: 3.87mg (19.37%), Zinc: 2.69mg (17.92%), Vitamin A: 703.16IU (14.06%), Vitamin B2: 0.23mg (13.5%), Calcium: 112.82mg (11.28%), Vitamin E: 1.56mg (10.4%), Vitamin B5: 0.86mg (8.55%), Vitamin B12: 0.29µg (4.84%), Vitamin D: 0.26µg (1.7%)