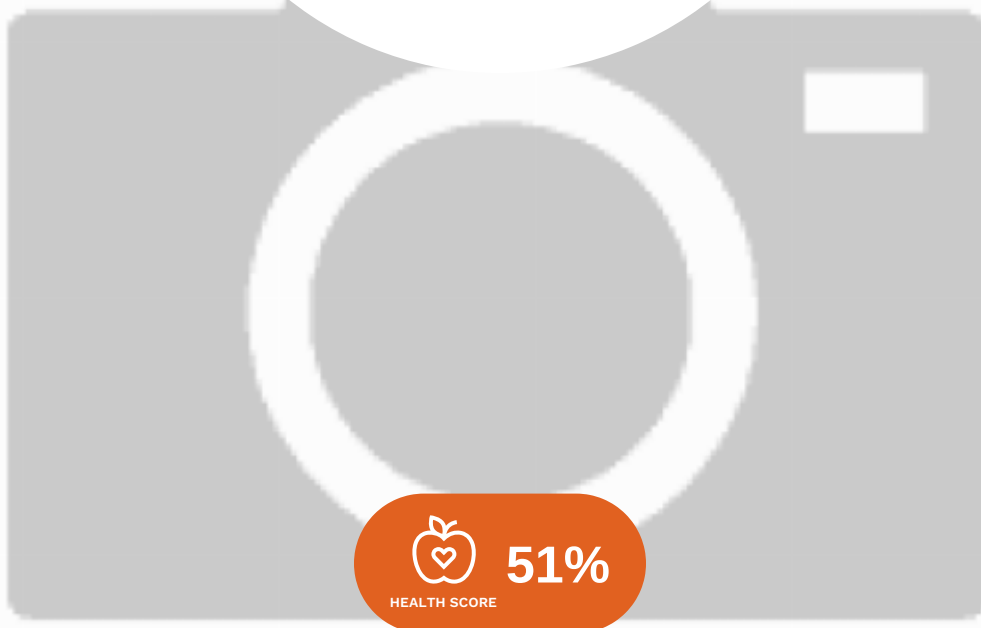




Spicy Three Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 32 ounce cannellini beans rinsed drained canned
- ☐ 30.5 ounce kidney beans red rinsed drained canned
- ☐ 3 carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 2 cloves garlic diced

- ☐ 0.3 cup olive oil
- ☐ 1 onion diced
- ☐ 2 large potatoes cubed
- ☐ 1 cup red wine
- ☐ 15 ounces tomato-vegetable juice cocktail
- ☐ 2 cubes vegetable bouillon
- ☐ 4 cups water

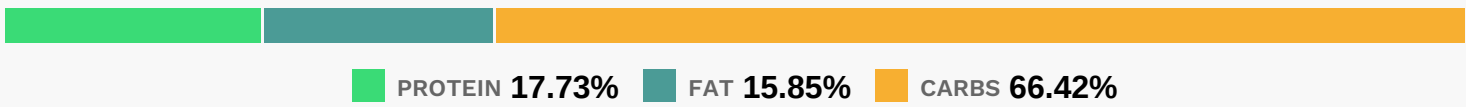
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a large saucepan over medium heat.
- ☐ Place onion and garlic in the saucepan and slowly cook and stir until tender and browned.
- ☐ Place the great northern beans, red kidney beans, black beans, celery, carrots, potatoes, tomato-vegetable juice cocktail, brown sugar, thyme, water and vegetable bouillon in the saucepan. Cook over medium-high heat approximately 25 minutes. As the mixture thickens, stir in the red wine.

Nutrition Facts



Properties

Glycemic Index:30.24, Glycemic Load:12.71, Inflammation Score:-10, Nutrition Score:19.440869455752%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg

0.35mg, Naringenin: 0.35mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 306.97kcal (15.35%), Fat: 5.3g (8.16%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 37.77g (13.74%), Sugar: 6.39g (7.1%), Cholesterol: 0mg (0%), Sodium: 355.9mg (15.47%), Alcohol: 2.12g (100%), Alcohol %: 0.64% (100%), Protein: 13.35g (26.71%), Vitamin A: 2760.41IU (55.21%), Fiber: 12.26g (49.05%), Manganese: 0.81mg (40.47%), Folate: 127.33µg (31.83%), Potassium: 1021.22mg (29.18%), Vitamin C: 23.22mg (28.15%), Phosphorus: 274.99mg (27.5%), Magnesium: 98.23mg (24.56%), Vitamin B6: 0.44mg (21.83%), Vitamin B1: 0.32mg (21.26%), Iron: 3.77mg (20.96%), Copper: 0.42mg (20.76%), Vitamin K: 14.86µg (14.15%), Vitamin B2: 0.19mg (11.24%), Calcium: 104.37mg (10.44%), Vitamin B3: 2.06mg (10.3%), Zinc: 1.48mg (9.84%), Vitamin B5: 0.73mg (7.29%), Selenium: 4.89µg (6.98%), Vitamin E: 0.92mg (6.14%)