



Spinach and Leek White Bean Soup



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 32 ounce .5 can cannellini beans rinsed drained canned
- ☐ 32 ounce chicken broth fat-free canned
- ☐ 2 cloves garlic chopped
- ☐ 2 teaspoons ground cumin
- ☐ 4 leeks chopped
- ☐ 2 teaspoons olive oil
- ☐ 8 servings salt and pepper to taste

- ☐ 2 cups pkt spinach fresh packed
- ☐ 0.5 cup couscous whole wheat

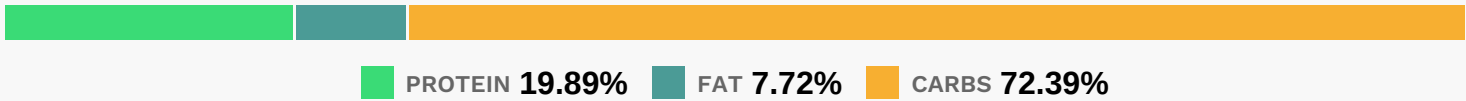
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat olive oil in a large saucepan or soup pot over medium heat.
- ☐ Add the leeks and garlic; saute until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:7.64, Inflammation Score:-8, Nutrition Score:16.757826089859%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 229.07kcal (11.45%), Fat: 2.06g (3.17%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 35.69g (12.98%), Sugar: 2.54g (2.83%), Cholesterol: 0mg (0%), Sodium: 679.08mg (29.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Vitamin K: 61.07µg (58.16%), Manganese: 0.91mg (45.48%), Fiber: 7.78g (31.12%), Iron: 5.52mg (30.65%), Folate: 117.99µg (29.5%), Vitamin A: 1453.05IU (29.06%), Magnesium: 79.4mg (19.85%), Potassium: 682.93mg (19.51%), Copper: 0.35mg (17.73%), Phosphorus: 138.59mg (13.86%), Calcium: 132.52mg (13.25%), Vitamin B6: 0.23mg (11.56%), Vitamin E: 1.62mg (10.79%), Vitamin B1: 0.15mg (10.27%), Zinc: 1.42mg (9.47%), Vitamin C: 7.73mg (9.37%), Selenium: 4.96µg (7.09%), Vitamin B2: 0.1mg (5.64%), Vitamin B3: 1.02mg (5.11%), Vitamin B5: 0.42mg (4.18%), Vitamin B12: 0.23µg (3.78%)