



Spring Greens and Lima Bean Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce frangelico diced drained canned
- ☐ 2 carrots peeled finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 1 cup lima beans dried
- ☐ 8 cups chicken broth
- ☐ 2 bunches dandelion greens cut into 2-inch pieces ()
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 large onion finely chopped

☐ 0.5 cup parmesan cheese freshly grated

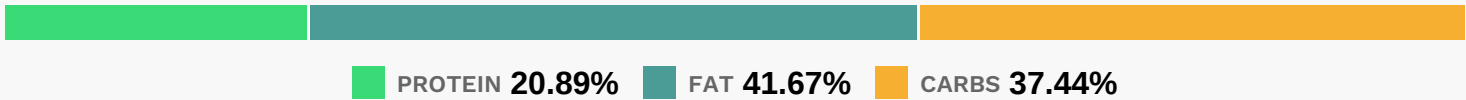
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Place beans in large bowl.
- ☐ Pour enough cold water over to cover; let soak overnight.
- ☐ Drain beans; place in heavy large pot and add enough water to cover by 2 inches. Bring to boil. Reduce heat to medium-low and simmer until beans are just tender, about 45 minutes.
- ☐ Add green to pot; cook until tender, 4 to 5 minutes.
- ☐ Drain; set aside.
- ☐ Heat 3 tablespoons oil in same pot over medium heat.
- ☐ Add celery, carrots, and onion. Sauté until onion is translucent, about 6 minutes.
- ☐ Add broth, tomatoes, and bean mixture. Reduce heat to low. Simmer 20 minutes to allow flavors to blend. Cover and let soup rest 15 minutes. Ladle soup into bowls.
- ☐ Sprinkle with cheese and drizzle with remaining 1 tablespoon oil.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:3.61, Inflammation Score:-9, Nutrition Score:13.044347916608%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 215.16kcal (10.76%), Fat: 10.38g (15.97%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 15.98g (5.81%), Sugar: 3.74g (4.15%), Cholesterol: 5.44mg (1.81%), Sodium: 196.58mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.41%), Vitamin A: 2632IU (52.64%), Folate: 95.15µg (23.79%), Manganese: 0.43mg (21.26%), Phosphorus: 207.27mg (20.73%), Fiber: 5g (19.99%), Potassium: 677.89mg (19.37%), Vitamin B3: 3.76mg (18.78%), Copper: 0.3mg (15.12%), Magnesium: 58.29mg (14.57%), Iron: 2.33mg (12.94%), Vitamin K: 9.98µg (9.51%), Vitamin B6: 0.19mg (9.37%), Calcium: 93mg (9.3%), Vitamin B2: 0.15mg (8.97%), Vitamin B1: 0.13mg (8.92%), Vitamin E: 1.32mg (8.77%), Zinc: 1.21mg (8.05%), Selenium: 3.9µg (5.58%), Vitamin B12: 0.32µg (5.34%), Vitamin B5: 0.39mg (3.89%), Vitamin C: 2.41mg (2.92%)