



Squash and Bean Soup

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium to 3 sized squashes yellow
- 1 medium zucchini
- 10 ounces acorn squash cubed peeled
- 0.5 cup onion chopped
- 4 cups water
- 4 teaspoons chicken soup base
- 1 tablespoon jalapeno chopped
- 0.5 teaspoon salt

- 0.3 teaspoon pepper
- 2 garlic clove finely chopped
- 19 oz beans red drained canned
- 15 oz garbanzo beans drained canned (garbanzo beans)
- 12 ounces beer canned
- 0.3 cup cheddar cheese shredded reduced-fat
- 1 serving cilantro leaves fresh chopped

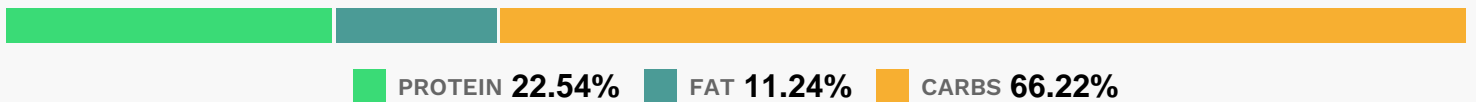
Equipment

- dutch oven

Directions

- Cut yellow squash and zucchini lengthwise into fourths; cut crosswise into 1/4-inch slices.
- Heat yellow squash, zucchini and remaining ingredients except cheese and cilantro to boiling in Dutch oven; reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
- Sprinkle with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:55.47, Glycemic Load:8.61, Inflammation Score:-7, Nutrition Score:15.396956585348%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 211.33kcal (10.57%), Fat: 2.57g (3.95%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 24.46g (8.9%), Sugar: 4.14g (4.6%), Cholesterol: 1.49mg (0.5%), Sodium: 993.03mg (43.18%), Alcohol: 2.21g (100%), Alcohol %: 0.55% (100%), Protein: 11.6g (23.19%), Manganese: 1.09mg (54.47%), Fiber: 9.61g (38.44%), Vitamin B6: 0.67mg (33.68%), Vitamin C: 21.67mg (26.27%), Phosphorus: 240.42mg (24.04%), Potassium: 724.75mg (20.71%), Magnesium: 81.46mg (20.37%), Folate: 74.19µg (18.55%), Copper: 0.35mg (17.26%), Vitamin B1: 0.23mg (15.23%), Iron: 2.67mg (14.85%), Calcium: 117.78mg (11.78%), Vitamin B2: 0.19mg (11.35%), Zinc: 1.48mg (9.88%), Vitamin B3: 1.56mg (7.78%), Vitamin A: 356.61IU (7.13%), Vitamin B5: 0.71mg (7.09%), Selenium: 4.62µg (6.6%), Vitamin K: 6.82µg (6.5%), Vitamin E: 0.2mg (1.34%)