

Squash and Bean Soup

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces acorn squash cubed peeled
- ☐ 12 ounces beer canned
- ☐ 15 oz garbanzo beans drained canned (garbanzo beans)
- ☐ 19 oz beans red drained canned
- ☐ 4 teaspoons chicken soup base
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1 tablespoon jalapeno chopped

- ☐ 0.3 cup cheddar cheese shredded reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 cups water
- ☐ 1 medium to 3 sized squashes yellow
- ☐ 1 medium zucchini

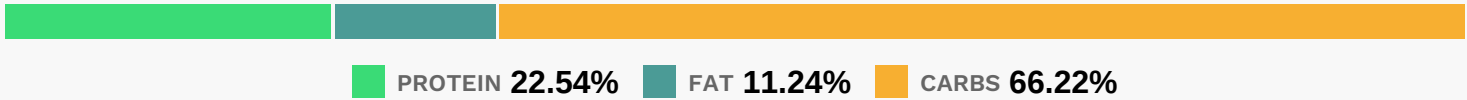
Equipment

- ☐ 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:15.419130352852%

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: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 211.35kcal (10.57%), Fat: 2.57g (3.96%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 24.46g (8.9%), Sugar: 4.14g (4.6%), Cholesterol: 1.49mg (0.5%), Sodium: 993.07mg (43.18%), Alcohol: 2.21g (100%), Alcohol %: 0.55% (100%), Protein: 11.6g (23.19%), Manganese: 1.09mg (54.48%), Fiber: 9.61g (38.45%), Vitamin B6: 0.67mg (33.69%), Vitamin C: 21.69mg (26.29%), Phosphorus: 240.46mg (24.05%), Potassium: 725.19mg (20.72%), Magnesium: 81.48mg (20.37%), Folate: 74.24µg (18.56%), Copper: 0.35mg (17.27%), Vitamin B1: 0.23mg (15.24%), Iron: 2.67mg (14.86%), Calcium: 117.84mg (11.78%), Vitamin B2: 0.19mg (11.36%), Zinc: 1.48mg (9.89%), Vitamin B3: 1.56mg (7.78%), Vitamin A: 362.23IU (7.24%), Vitamin B5: 0.71mg (7.1%), Vitamin K: 7.08µg (6.75%), Selenium: 4.62µg (6.6%), Vitamin E: 0.2mg (1.35%)