



 100%
HEALTH SCORE

Squash and White Bean Soup with Parmesan Biscuits

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 biscuit mix and ingredients to make biscuits
- 1 small butternut squash peeled cut into 1/2-inch pieces (4 cups)
- 30 ounce .5 can cannellini beans rinsed canned
- 14.5 ounce canned tomatoes diced canned
- 1 tablespoon thyme leaves fresh
- 4 servings kosher salt and pepper black
- 1 tablespoon olive oil

- 1 onion chopped
- 1 ounce parmesan shredded
- 4 cups pkt spinach thick

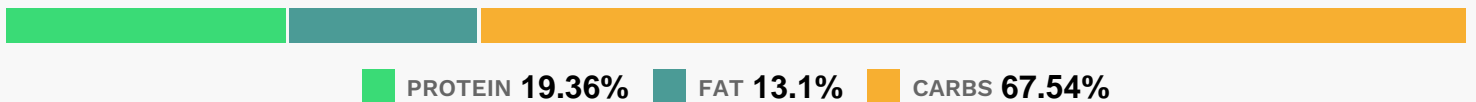
Equipment

- dutch oven

Directions

- Heat the oil in a Dutch oven over medium-high heat.
- Add the onion and cook, stirring often, until soft, 5 to 6 minutes.
- Add the tomatoes and their juices and cook, stirring occasionally, for 3 minutes. Stir in the squash, thyme, 5 cups water, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper and bring to a boil. Reduce heat and simmer until the squash is tender, about 15 minutes. Stir in the beans and spinach and cook until the spinach is wilted and the beans are heated through, 2 to 3 minutes. Meanwhile, prepare the biscuits according to the package directions, sprinkling with the Parmesan before baking.
- Serve with the soup. Tip: To make this satisfying soup even heartier, add 1/2 cup orzo or other small pasta at the same time you add the water.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:13.76, Inflammation Score:-10, Nutrition Score:43.995217488512%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 446.6kcal (22.33%), Fat: 6.9g (10.62%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 80.07g (26.69%), Net Carbohydrates: 62.74g (22.82%), Sugar: 10.85g (12.05%), Cholesterol: 4.86mg (1.62%), Sodium: 511.66mg (22.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Vitamin A: 23104.42IU (462.09%), Vitamin K: 161.04µg (153.37%), Manganese: 2.01mg (100.26%), Vitamin C: 62.1mg (75.28%), Fiber: 17.32g (69.29%), Folate: 269.4µg (67.35%), Potassium: 2154.47mg (61.56%), Iron: 10.32mg (57.32%), Magnesium: 225.61mg (56.4%), Vitamin E: 6.8mg (45.34%), Copper: 0.88mg (44.06%), Calcium: 410.92mg (41.09%), Phosphorus: 373.66mg (37.37%), Vitamin B6: 0.71mg (35.4%), Vitamin B1: 0.52mg (34.66%), Zinc: 3.38mg (22.57%), Vitamin B3: 4.14mg (20.69%), Vitamin B2: 0.27mg (16.13%), Vitamin B5: 1.54mg (15.39%), Selenium: 7.14µg (10.2%), Vitamin B12: 0.09µg (1.55%)