



Summer Corn and White Bean Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce chiles green undrained chopped canned
- ☐ 30 ounce navy beans rinsed drained canned
- ☐ 1 tablespoon canola oil
- ☐ 4 ounces ham cooked chopped
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 3 cups corn kernels fresh (5 ears)
- ☐ 1 cup green onions sliced
- ☐ 0.5 teaspoon salt

Equipment

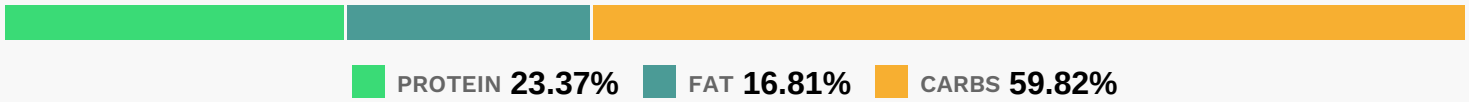
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dutch oven

Directions

- ☐ Heat canola oil in a Dutch oven over medium heat.
- ☐ Add onions and ham, and cook 3 minutes, stirring frequently. Stir in corn and remaining ingredients. Bring to a boil; reduce heat, and simmer 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:20.507391328397%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 290.87kcal (14.54%), Fat: 5.73g (8.82%), Saturated Fat: 0.9g (5.66%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 36.07g (13.12%), Sugar: 5.52g (6.14%), Cholesterol: 13.8mg (4.6%), Sodium: 1770.57mg (76.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.86%), Fiber: 9.84g (39.34%), Vitamin K: 40.49µg (38.56%), Folate: 153.85µg (38.46%), Manganese: 0.7mg (35.02%), Vitamin C: 28mg (33.94%), Phosphorus: 335.05mg (33.51%), Vitamin B1: 0.44mg (29.01%), Magnesium: 103.78mg (25.94%), Iron: 4.16mg (23.11%), Potassium: 790.87mg (22.6%), Selenium: 15.54µg (22.2%), Copper: 0.39mg (19.73%), Vitamin B3: 3.74mg (18.69%), Vitamin B6: 0.34mg (17.08%), Zinc: 1.98mg (13.18%), Vitamin B2: 0.22mg (12.75%), Vitamin B5: 1.14mg (11.36%), Vitamin E: 1.66mg (11.04%), Calcium: 101.93mg (10.19%), Vitamin B12: 0.53µg (8.85%), Vitamin A: 355.32IU (7.11%)