



Super-Tuscan White Bean Soup

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon finely chopped
- 1 medium onion yellow quartered
- 1 medium stalk celery quartered
- 1 medium carrots quartered
- 2 cloves garlic crushed
- 57 oz cannellini beans drained canned
- 1 bay leaves dried
- 0.5 cup wine

- 32 oz chicken broth reduced-sodium (4 cups)
- 2 tablespoons olive oil
- 1 tablespoon garlic finely chopped
- 0.3 teaspoon pepper red crushed
- 0.3 cup basil fresh packed sliced
- 0.5 teaspoon sea salt
- 0.1 teaspoon pepper freshly ground

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- ladle
- dutch oven

Directions

- In 4-quart saucepan or Dutch oven, cook bacon, onion, celery, carrot and 2 cloves garlic over medium-high heat 5 minutes, stirring occasionally. Reduce heat to medium.
- Add beans, bay leaf, wine and broth; cover and cook 20 to 25 minutes, stirring occasionally, until vegetables are tender.
- Remove from heat; cool about 15 minutes.
- Meanwhile, in 8-inch skillet, heat olive oil over medium-high heat 1 minute.
- Add 1 tablespoon chopped garlic; cook 3 to 5 minutes, stirring frequently, until garlic begins to brown. Stir in red pepper flakes; cook a few seconds. Stir in basil; cook until basil wilts.
- Remove bay leaf from bean mixture.
- Pour mixture into food processor; cover and puree. Return to saucepan; stir in salt and pepper. Simmer over medium heat 5 to 10 minutes, stirring frequently, until thoroughly heated.
- Ladle soup into individual soup bowls. Top each with basil mixture.

Nutrition Facts

PROTEIN 20.57% FAT 23.57% CARBS 55.86%

Properties

Glycemic Index:52.31, Glycemic Load:14.73, Inflammation Score:-9, Nutrition Score:24.823478330737%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 451.44kcal (22.57%), Fat: 11.67g (17.96%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 62.23g (20.74%), Net Carbohydrates: 48.49g (17.63%), Sugar: 3g (3.34%), Cholesterol: 12.7mg (4.23%), Sodium: 881.28mg (38.32%), Alcohol: 2.06g (100%), Alcohol %: 0.52% (100%), Protein: 22.92g (45.85%), Manganese: 1.59mg (79.29%), Fiber: 13.74g (54.96%), Iron: 8.48mg (47.11%), Folate: 183.88µg (45.97%), Potassium: 1384.46mg (39.56%), Magnesium: 147.86mg (36.96%), Vitamin A: 1816.12IU (36.32%), Copper: 0.68mg (34.05%), Phosphorus: 290.79mg (29.08%), Vitamin B1: 0.35mg (23.57%), Zinc: 3.42mg (22.83%), Calcium: 222.18mg (22.22%), Vitamin E: 3.05mg (20.36%), Vitamin K: 18.41µg (17.54%), Vitamin B6: 0.32mg (16.23%), Vitamin B2: 0.22mg (13.1%), Selenium: 8.36µg (11.95%), Vitamin B3: 1.43mg (7.13%), Vitamin B5: 0.69mg (6.86%), Vitamin C: 3.08mg (3.73%), Vitamin B12: 0.1µg (1.73%)