



Surprise Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz bacon cut into 1-inch pieces
- 30 oz navy beans drained canned
- 15 oz tomato sauce canned
- 15 oz canned tomatoes diced canned
- 1 cup carrots diced peeled
- 1 cup celery chopped
- 1 cup chicken broth
- 0.8 cup creamy peanut butter

- 1 onion chopped
- 0.5 teaspoon pepper

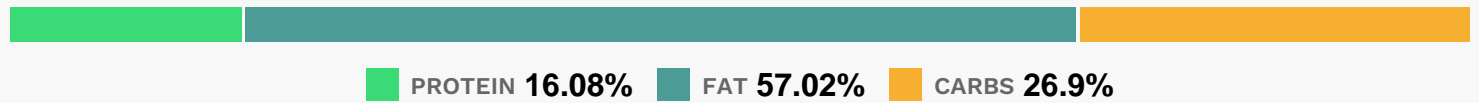
Equipment

- frying pan
- pot

Directions

- In a skillet over medium heat, cook bacon until crisp; drain. Return bacon to skillet; stir in onion, carrot and celery, cooking until onion is translucent.
- In a large stockpot over medium heat, stir together bacon mixture, tomato sauce, diced tomatoes, chicken broth and beans until hot and bubbly. Stir in peanut butter and pepper until well combined.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:32.323043574458%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 728.85kcal (36.44%), Fat: 47.69g (73.37%), Saturated Fat: 13.55g (84.71%), Carbohydrates: 50.61g (16.87%), Net Carbohydrates: 38.2g (13.89%), Sugar: 11.61g (12.9%), Cholesterol: 50.68mg (16.89%), Sodium: 1877.6mg (81.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.27g (60.53%), Vitamin A: 4128.82IU (82.58%), Manganese: 1.33mg (66.45%), Vitamin B3: 9.96mg (49.81%), Fiber: 12.41g (49.63%), Phosphorus: 468.6mg (46.86%), Vitamin E: 6.48mg (43.22%), Magnesium: 161.92mg (40.48%), Potassium: 1306.03mg (37.32%), Vitamin B1: 0.56mg (37.18%), Selenium: 25.93µg (37.05%), Vitamin B6: 0.73mg (36.52%), Folate: 144.84µg (36.21%), Copper:

0.7mg (35.2%), Iron: 5.27mg (29.29%), Zinc: 3.28mg (21.89%), Vitamin B2: 0.33mg (19.65%), Vitamin C: 15.61mg (18.92%), Vitamin K: 18.04µg (17.18%), Vitamin B5: 1.55mg (15.49%), Calcium: 140.52mg (14.05%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.3µg (2.02%)