



## Swanson® Winter Vegetable Bean Soup with Pesto

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 servings easy basil pesto (see note)
- 1 bay leaf
- 19 ounce kidney beans white rinsed drained canned (cannellini)
- 2 medium carrots diced
- 2 stalks celery sliced
- 0.3 teaspoon pepper red crushed
- 2 large leeks white sliced

- 3 medium potatoes diced peeled
- 1 medium turnip diced peeled
- 5.3 cups vegetable broth organic swanson® (Regular or Certified )

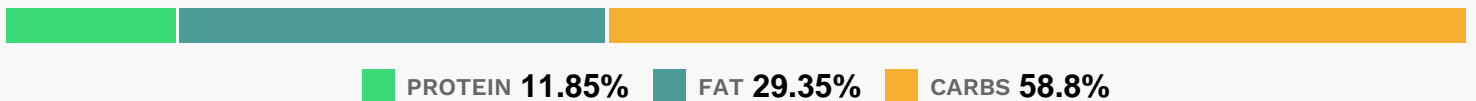
## Equipment

- pot

## Directions

- Heat the carrots, potatoes, turnip, leeks, celery and 1 3/4 cups broth in a 6-quart saucepot over medium-high heat to a boil.
- Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender-crisp.
- Reserve 1/2 cup of broth for the Easy Basil Pesto. Stir the remaining broth, beans, bay leaf and red pepper in the saucepot and heat to a boil. Reduce the heat to low. Cook for 15 minutes or until the vegetables are tender.
- Remove the bay leaf.
- Serve topped with the Easy Basil Pesto.

## Nutrition Facts



## Properties

Glycemic Index:36.46, Glycemic Load:13.09, Inflammation Score:-9, Nutrition Score:11.167826066846%

## Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 177.62kcal (8.88%), Fat: 5.92g (9.1%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 21.15g (7.69%), Sugar: 4.87g (5.41%), Cholesterol: 1.2mg (0.4%), Sodium: 802.85mg (34.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Vitamin A: 2952.69IU (59.05%), Vitamin C:

18.69mg (22.65%), Fiber: 5.53g (22.12%), Manganese: 0.38mg (19.19%), Vitamin B6: 0.31mg (15.4%), Vitamin K: 15.81µg (15.06%), Potassium: 525.28mg (15.01%), Phosphorus: 109.39mg (10.94%), Folate: 42.68µg (10.67%), Magnesium: 39.61mg (9.9%), Iron: 1.73mg (9.64%), Copper: 0.19mg (9.44%), Vitamin B1: 0.13mg (8.91%), Calcium: 69.07mg (6.91%), Vitamin B3: 1.21mg (6.06%), Vitamin B2: 0.08mg (4.57%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.36mg (3.62%), Vitamin E: 0.31mg (2.04%), Selenium: 1.1µg (1.57%)