



Sweet-Sour Green Bean Soup

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar to taste
- ☐ 5 slices bacon chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups cut green beans
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 3 potatoes cut into cubes, to taste
- ☐ 6 servings water to cover
- ☐ 2 tablespoons sugar white to taste

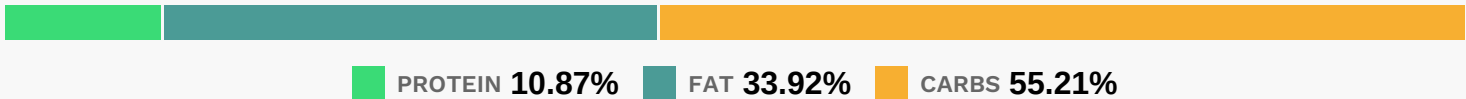
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place potatoes and green beans into a large pot.
- ☐ Pour enough water over potatoes and green beans just to cover and season with salt and pepper; bring to a boil. Reduce heat to medium-low and simmer until potatoes are tender, about 20 minutes.
- ☐ Place bacon in a large skillet; cook and stir over medium-high heat until evenly browned, about 10 minutes. Stir flour into bacon until flour forms a paste, 2 to 3 minutes.
- ☐ Mix bacon mixture into potato mixture; bring to a boil and cook until thickened, 5 to 10 minutes.
- ☐ Mix vinegar and sugar into soup.

Nutrition Facts



Properties

Glycemic Index:57.81, Glycemic Load:18.56, Inflammation Score:-5, Nutrition Score:9.523913025856%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 196.66kcal (9.83%), Fat: 7.49g (11.53%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 24.02g (8.73%), Sugar: 6.07g (6.74%), Cholesterol: 12.1mg (4.03%), Sodium: 142.39mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.81%), Vitamin C: 25.45mg (30.85%), Vitamin B6: 0.42mg (20.8%), Vitamin K: 17.96µg (17.11%), Potassium: 573.39mg (16.38%), Manganese: 0.3mg (14.95%), Fiber: 3.43g (13.7%), Vitamin B1: 0.19mg (12.37%), Vitamin B3: 2.28mg (11.39%), Phosphorus: 104.69mg (10.47%), Magnesium: 39.45mg (9.86%), Copper: 0.19mg (9.59%), Folate: 33.73µg (8.43%), Iron: 1.43mg (7.95%), Selenium: 5.11µg (7.3%), Vitamin B2: 0.1mg (5.9%), Vitamin A: 262.46IU (5.25%), Vitamin B5: 0.51mg (5.12%), Zinc: 0.66mg

(4.4%), Calcium: 35.92mg (3.59%), Vitamin E: 0.24mg (1.62%), Vitamin B12: 0.09µg (1.53%)