



Sweet-Sour Green Bean Soup

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



83 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 6 cups chicken broth
- ☐ 0.3 cup basil fresh minced
- ☐ 1 pound green beans fresh cut into 1 inch pieces
- ☐ 1 garlic clove minced
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 2 teaspoons stick margarine
- ☐ 3 cups tomatoes fresh diced

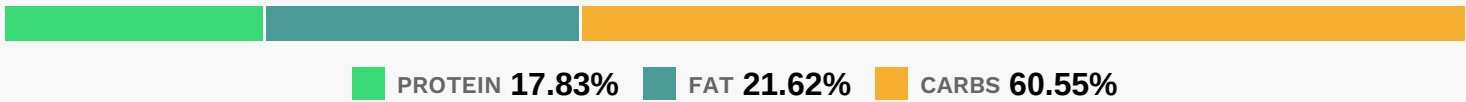
Equipment

- ☐ 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:48.31, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:14.506086901478%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 83.36kcal (4.17%), Fat: 2.22g (3.42%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 9.96g (3.62%), Sugar: 7.58g (8.43%), Cholesterol: 4.7mg (1.57%), Sodium: 1105.32mg (48.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin A: 4823.42IU (96.47%), Vitamin K: 45.61µg (43.44%), Vitamin C: 23mg (27.88%), Manganese: 0.45mg (22.61%), Fiber: 4.03g (16.13%), Vitamin B2: 0.25mg (14.89%), Potassium: 492.37mg (14.07%), Vitamin B6: 0.24mg (11.79%), Folate: 45.97µg (11.49%), Vitamin B1: 0.17mg (11.12%), Magnesium: 35.63mg (8.91%), Vitamin B3: 1.77mg (8.83%), Copper: 0.16mg (7.9%), Phosphorus: 73.04mg (7.3%), Iron: 1.31mg (7.3%), Vitamin E: 1.01mg (6.75%), Calcium: 61.65mg (6.17%), Zinc: 0.58mg (3.9%), Vitamin B5: 0.36mg (3.56%), Selenium: 1.63µg (2.32%)