



Ten Bean Soup I

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

READY IN



590 min.

SERVINGS



6

CALORIES



69 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon
- 3 stalks celery chopped
- 2 cloves garlic minced
- 6 servings ground pepper black to taste
- 0.5 onion chopped
- 6 servings salt to taste

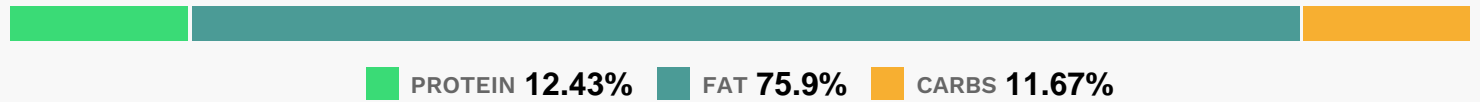
Equipment

- pot

Directions

- Soak beans in water overnight.
- Fry bacon slightly, then add onion, garlic, and celery. Cook until onion is tender.
- Place drained beans in large pot.
- Add water to cover beans.
- Add bacon, onions, garlic, and celery. Cook until beans are tender (this takes a while...at least 1 1/2 hours).
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:2.1678260823955%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 69.37kcal (3.47%), Fat: 5.87g (9.03%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.67g (0.74%), Cholesterol: 9.68mg (3.23%), Sodium: 307.44mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin K: 6.08µg (5.79%), Selenium: 3.22µg (4.6%), Vitamin B6: 0.08mg (3.88%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.67mg (3.36%), Manganese: 0.06mg (3.2%), Phosphorus: 30.27mg (3.03%), Potassium: 99.8mg (2.85%), Folate: 8.99µg (2.25%), Fiber: 0.52g (2.09%), Vitamin C: 1.61mg (1.95%), Vitamin A: 96.05IU (1.92%), Vitamin B2: 0.03mg (1.59%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.15mg (1.49%), Magnesium: 5.3mg (1.33%), Calcium: 13.21mg (1.32%), Vitamin B12: 0.07µg (1.22%), Copper: 0.02mg (1.06%)