



The Best Bean and Ham Soup



Gluten Free



Dairy Free



Popular

READY IN



625 min.

SERVINGS



12

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bay leaves
- ☐ 14.5 ounce canned tomatoes diced with liquid canned
- ☐ 5 large carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley dried
- ☐ 1 teaspoon ground pepper black

- ☐ 2.5 cups ham cubed
- ☐ 1 ham bone
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon
- ☐ 7 cups chicken broth low fat, low sodium
- ☐ 20 ounce bean mixture
- ☐ 1 large onion chopped
- ☐ 3 cups vegetable broth
- ☐ 12 fluid ounce vegetable juice low-sodium canned
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ pot

Directions

- ☐ Place the soaked beans into a large pot and fill with enough water to cover by about 1 inch. Bring to a boil, then simmer over low for 30 minutes.
- ☐ Drain.
- ☐ Add the ham bone, ham, onion, celery, carrots, tomatoes, vegetable juice, and vegetable broth. Season with Worcestershire sauce, Dijon mustard, chili powder, bay leaves, pepper, parsley and lemon juice.
- ☐ Pour in enough of the chicken broth to cover the ingredients.
- ☐ Simmer over low heat, stirring occasionally, for about 8 hours.
- ☐ Add more chicken broth as needed throughout the day.
- ☐ Remove the ham bone and season with salt if needed. Continue to simmer for a couple more hours.
- ☐ Remove bay leaves before serving.

Nutrition Facts



 PROTEIN **29.47%**  FAT **15.79%**  CARBS **54.74%**

Properties

Glycemic Index:25.9, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:12.52913054176%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 7.79mg, Apigenin: 7.79mg, Apigenin: 7.79mg, Apigenin: 7.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 111.63kcal (5.58%), Fat: 2.12g (3.26%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 11.67g (4.24%), Sugar: 6.99g (7.77%), Cholesterol: 12.72mg (4.24%), Sodium: 983.25mg (42.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.79%), Vitamin A: 5716.62IU (114.33%), Vitamin C: 26.51mg (32.13%), Fiber: 4.86g (19.44%), Potassium: 537.09mg (15.35%), Vitamin B3: 2.87mg (14.37%), Vitamin K: 12.21µg (11.63%), Manganese: 0.22mg (11.14%), Iron: 1.77mg (9.83%), Copper: 0.2mg (9.8%), Phosphorus: 85.01mg (8.5%), Vitamin B6: 0.17mg (8.43%), Vitamin E: 1.16mg (7.74%), Vitamin B2: 0.12mg (6.81%), Magnesium: 23.62mg (5.91%), Folate: 23.51µg (5.88%), Calcium: 54.33mg (5.43%), Vitamin B1: 0.07mg (4.84%), Zinc: 0.48mg (3.18%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.71µg (2.44%), Vitamin B12: 0.14µg (2.29%)