



Three Bean Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19 ounce garbanzo beans undrained canned
- 19 ounce kidney beans undrained canned
- 19 ounce lentils canned
- 28 ounce canned tomatoes diced with juice canned
- 1 clove garlic minced
- 0.5 teaspoon ground pepper black
- 1 tablespoon olive oil
- 2 onions chopped

- 0.5 teaspoon oregano dried
- 1 teaspoon salt
- 4 ounces mozzarella cheese shredded
- 3 tablespoons tomato paste

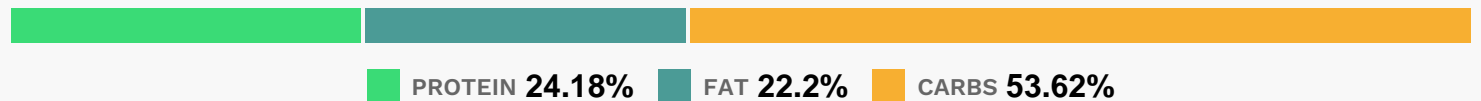
Equipment

- pot

Directions

- Heat a large pot over medium-high heat.
- Pour in oil and saute onion and garlic until golden-brown. Stir in tomatoes, kidney beans, garbanzo beans, lentils, tomato paste, oregano, pepper, and salt. Turn heat to low and simmer 20 minutes.
- Sprinkle in cheese and stir until melted.
- Serve immediately, or cool and freeze.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:9.35, Inflammation Score:-8, Nutrition Score:17.13347815949%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 267.01kcal (13.35%), Fat: 6.8g (10.46%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 24.27g (8.83%), Sugar: 4.51g (5.01%), Cholesterol: 11.2mg (3.73%), Sodium: 789.11mg (34.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.31%), Manganese: 1.17mg (58.32%), Fiber: 12.66g (50.62%), Folate: 163.47µg (40.87%), Phosphorus: 310.52mg (31.05%), Vitamin B6: 0.55mg (27.49%), Iron: 4.29mg (23.82%), Copper: 0.41mg (20.45%), Potassium: 637.04mg (18.2%), Magnesium: 71.37mg (17.84%), Vitamin B1:

0.23mg (15.22%), Zinc: 2.25mg (14.97%), Calcium: 139.38mg (13.94%), Selenium: 6.9µg (9.86%), Vitamin B2: 0.16mg (9.55%), Vitamin B5: 0.79mg (7.86%), Vitamin B3: 1.37mg (6.87%), Vitamin K: 7.07µg (6.73%), Vitamin C: 5.08mg (6.16%), Vitamin B12: 0.32µg (5.39%), Vitamin E: 0.65mg (4.36%), Vitamin A: 206.2IU (4.12%)