






 **54%**  
HEALTH SCORE

# Toasted Bread, Bean, and Vegetable Soup

 Vegetarian  Dairy Free

READY IN  
  
**50 min.**

SERVINGS  
  
**6**

CALORIES  
  
**652 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 4 cups bread (such as ciabatta)
- 15 oz cannellini beans drained and rinsed canned
- 2 medium carrots chopped
- 2 celery stalks chopped
- 1.5 qts chicken broth
- 2 tablespoons basil fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic clove minced

- 6 servings pepper black freshly ground
- 3 tbsp olive oil divided
- 2 cups swiss chard chopped
- 4 canned tomatoes whole canned quartered
- 0.5 onion white chopped

## Equipment

- bowl
- baking sheet
- oven
- pot

## Directions

- Heat 1 tbsp. olive oil in a large pot over medium heat.
- Add onion and garlic; cook until transparent, about 5 minutes.
- Add carrots and celery and cook, stirring often, 5 minutes. Stir in broth and beans, then bring to a boil. Reduce heat, cover, and simmer about 15 minutes.
- Add tomatoes and chard and simmer another 15 minutes, covered.
- Meanwhile, preheat oven to 35
- Lay bread pieces on a rimmed baking sheet in a single layer.
- Drizzle with remaining 2 tbsp. olive oil and sprinkle with salt and pepper. Toast in oven until slightly golden, about 10 minutes. Set croutons aside.
- Just before serving, add basil and cilantro and season to taste with salt and pepper.
- Divide soup among serving bowls and top each with a few warm croutons. Grate parmesan directly over soup if you like.
- \*Muir Glen canned tomatoes are exceptionally flavorful and somehow don't taste as "canned" as other brands.

## Nutrition Facts



■ PROTEIN 15.8% ■ FAT 20.69% ■ CARBS 63.51%

## Properties

Glycemic Index:65.25, Glycemic Load:44.89, Inflammation Score:-10, Nutrition Score:43.581304262514%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

## Nutrients (% of daily need)

Calories: 652.01kcal (32.6%), Fat: 15.3g (23.54%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 105.66g (35.22%), Net Carbohydrates: 92.21g (33.53%), Sugar: 18.3g (20.33%), Cholesterol: 4.73mg (1.58%), Sodium: 2060.59mg (89.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.57%), Manganese: 2.69mg (134.44%), Vitamin K: 128.02µg (121.92%), Vitamin A: 4510.24IU (90.2%), Selenium: 48.11µg (68.73%), Iron: 11.01mg (61.16%), Vitamin B1: 0.91mg (60.96%), Vitamin B3: 11.64mg (58.22%), Fiber: 13.45g (53.8%), Folate: 210.4µg (52.6%), Vitamin B2: 0.74mg (43.64%), Vitamin C: 31.78mg (38.53%), Magnesium: 147.42mg (36.86%), Calcium: 362.36mg (36.24%), Potassium: 1237.33mg (35.35%), Phosphorus: 347.22mg (34.72%), Copper: 0.66mg (33.21%), Vitamin B6: 0.6mg (29.91%), Vitamin E: 4.2mg (28.02%), Zinc: 3.11mg (20.74%), Vitamin B5: 1.87mg (18.69%)