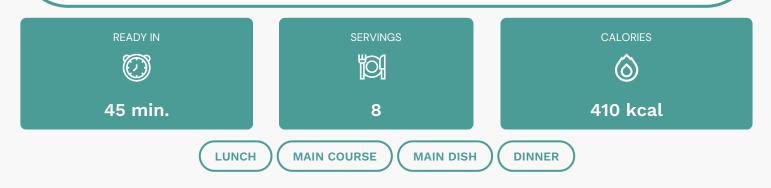


Toasted Spelt Soup with Escarole and White Beans



Ingredients

| 15 ounce cannellini beans rinsed canned |
|--|
| 1 carrots coarsely chopped |
| 1 celery stalks coarsely chopped |
| 0.5 head endive |
| 1 small fennel bulb cored coarsely chopped |
| 2 garlic clove chopped |
| 8 servings pepper freshly ground |
| 12 cups chicken broth low-sodium |

| | 2 tablespoons olive oil plus more for serving |
|----|---|
| | 1 medium onion coarsely chopped |
| | 3 ounces pancetta cut into 1/4" pieces |
| | 8 servings parmesan shaved (for serving) |
| | 0.8 teaspoon pepper red crushed |
| | 1 cup farro |
| | 1 tablespoon tomato paste |
| Εq | uipment |
| | food processor |
| | bowl |
| | pot |
| Di | rections |
| | Pulse onion in a food processor untilfinely chopped. |
| | Transfer to a medium bowl.Repeat with fennel, carrot, and celery,placing vegetables in bowl with onion. |
| | Heat 2 tablespoons oil in a large pot. |
| | Addpancetta and cook, stirring often, untilgolden brown, about 3 minutes. |
| | Add speltand cook, stirring often, until grains are acouple of shades darker, about 3 minutes. |
| | Add onion, fennel, carrot, celery, andgarlic to pot; season with salt and pepper.Cook, stirring occasionally, until vegetablesare softened, 6–8 minutes. |
| | Add tomatopaste and red pepper flakes, and cook untilpaste is slightly darkened, about 1 minute. |
| | Add broth to pot, bring to a boil, reduceheat, and simmer, partially covered,until spelt is tender, 60–70 minutes. Stirescarole and beans into soup and cook untilescarole is wilted and beans are warmedthough, about 4 minutes. |
| | Serve soup drizzled with oil and toppedwith Parmesan. |
| | DO AHEAD: Soup can be made 2 daysahead. Cover and chill. |
| | Semi-pearled farro or wheat berries |
| | |

Nutrition Facts

PROTEIN 25.59% FAT 38.97% CARBS 35.44%

Properties

Glycemic Index:53.23, Glycemic Load:12.7, Inflammation Score:-9, Nutrition Score:26.035652295403%

Flavonoids

Eriodictyol: O.32mg, Eriodictyol: O.32mg, Eriodictyol: O.32mg, Eriodictyol: O.32mg Apigenin: O.02mg, Apigenin: O.02mg, Apigenin: O.02mg, Apigenin: O.02mg, Luteolin: O.02mg, Luteolin: O.02mg, Luteolin: O.02mg, Luteolin: O.02mg, Luteolin: O.02mg, Luteolin: O.09mg, Luteolin: O.09mg, Luteolin: O.09mg, Luteolin: O.09mg, Isorhamnetin: O.69mg, Isorhamnetin: O.69mg, Isorhamnetin: O.69mg, Isorhamnetin: O.09mg, Isorhamnetin: O.09mg, Isorhamnetin: O.09mg, Isorhamnetin: O.09mg, Isorhamnetin: O.09mg, Myricetin: O.09mg, Myricetin: O.09mg, Myricetin: O.09mg, Myricetin: O.09mg, Myricetin: O.09mg, Myricetin: O.09mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 409.71kcal (20.49%), Fat: 18.47g (28.41%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 30.48g (11.08%), Sugar: 4.77g (5.3%), Cholesterol: 27.42mg (9.14%), Sodium: 708.28mg (30.79%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 27.28g (54.57%), Vitamin K: 90.09µg (85.8%), Manganese: 1.17mg (58.37%), Phosphorus: 498.1mg (49.81%), Calcium: 452.58mg (45.26%), Vitamin A: 2252.13IU (45.04%), Vitamin B3: 7.39mg (36.94%), Fiber: 7.3g (29.2%), Potassium: 962.3mg (27.49%), Copper: 0.5mg (24.9%), Folate: 98.85µg (24.71%), Iron: 4.22mg (23.45%), Magnesium: 87.72mg (21.93%), Zinc: 2.97mg (19.78%), Selenium: 12.88µg (18.4%), Vitamin B2: 0.3mg (17.84%), Vitamin B1: 0.21mg (14.09%), Vitamin B1: 0.77µg (12.79%), Vitamin B6: 0.25mg (12.27%), Vitamin E: 1.71mg (11.43%), Vitamin C: 7.49mg (9.08%), Vitamin B5: 0.9mg (8.96%), Vitamin D: 0.19µg (1.28%)