



Tomato, White Bean, Bacon Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



227 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 pound bacon diced
- ☐ 2 cups onion chopped
- ☐ 2 cloves garlic minced
- ☐ 0.8 lb potatoes peeled chopped (recommend Yukon Gold)
- ☐ 6 cups tomatoes fresh whole with juice)* canned peeled chopped
- ☐ 2 cups chicken stock see
- ☐ 1 Tbsp brown sugar dark
- ☐ 15 ounce beans white drained canned

☐ 8 servings salt and pepper to taste

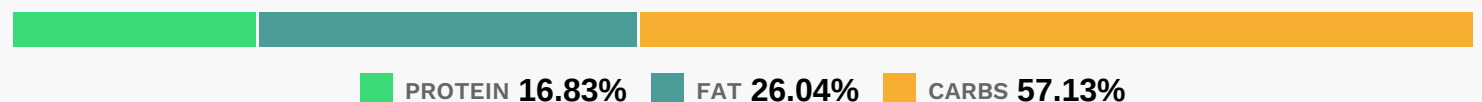
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ immersion blender

Directions

- ☐ Cook bacon: Cook bacon on medium heat in a large thick-bottomed pot (5 to 6 quart) until lightly browned and fat is rendered.
- ☐ Use a slotted spoon to remove bacon from the pan. Set on a plate lined with a paper towel.
- ☐ Drain off all but 1 Tbsp of bacon fat.
- ☐ Add the chopped onion to the pot, cook in the bacon fat on medium heat until soft.
- ☐ Add the minced garlic and cook a minute more.
- ☐ Add the chopped peeled potatoes and cook a few minutes more.
- ☐ Add the tomatoes and chicken broth. Bring to a boil, lower heat to maintain a simmer. Cover and cook until potatoes are cooked through, about 20 minutes (or longer).
- ☐ Add beans, blend half the soup: Stir in the brown sugar.
- ☐ Add half of the beans to the mixture. Use an immersion blender to blend about half of the soup mixture (or blend half of the soup in a standing blender and return to the pot).
- ☐ Add bacon to the soup and the rest of the beans.
- ☐ Add salt and pepper to taste.
- ☐ Serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:9.04, Inflammation Score:-6, Nutrition Score:14.296086933302%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

Nutrients (% of daily need)

Calories: 227.47kcal (11.37%), Fat: 6.82g (10.49%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 33.65g (11.22%), Net Carbohydrates: 27.67g (10.06%), Sugar: 8.88g (9.86%), Cholesterol: 11.16mg (3.72%), Sodium: 638.18mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Vitamin C: 28.43mg (34.46%), Manganese: 0.54mg (27.23%), Potassium: 913.26mg (26.09%), Vitamin B6: 0.5mg (24.87%), Fiber: 5.98g (23.93%), Iron: 3.96mg (22%), Copper: 0.35mg (17.52%), Vitamin B3: 3.36mg (16.81%), Folate: 66.39µg (16.6%), Vitamin B1: 0.25mg (16.4%), Magnesium: 65.12mg (16.28%), Phosphorus: 156.23mg (15.62%), Vitamin B2: 0.21mg (12.14%), Vitamin E: 1.74mg (11.57%), Calcium: 114.14mg (11.41%), Zinc: 1.3mg (8.66%), Selenium: 5.65µg (8.07%), Vitamin K: 7.86µg (7.49%), Vitamin B5: 0.57mg (5.71%), Vitamin A: 219.36IU (4.39%), Vitamin B12: 0.07µg (1.18%)