



WHATSheATE

Tomato-White Bean Soup with Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



2 bay leaves



0.3 teaspoon pepper black freshly ground



2 cups cannellini beans canned rinsed drained



14 ounces tomatoes diced canned



2 medium carrots chopped



4 celery stalks chopped



0.5 cup wine dry white



2 cups basil fresh packed

- ☐ 3 cloves garlic quartered
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil
- ☐ 1 quart vegetable stock low-sodium
- ☐ 0.3 cup walnuts
- ☐ 1 large onion yellow chopped

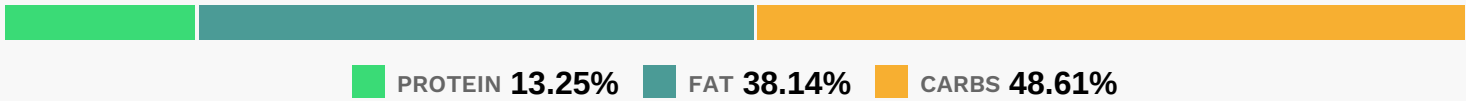
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot, heat oil overmedium heat. Cook onion, stirringoccasionally, until golden, 3 to5 minutes.
- ☐ Add celery, carrotsand garlic; cook, stirring, untilvegetables soften, 3 to 5 minutes.
- ☐ Add wine; stir to scrape brownbits off bottom of pot.
- ☐ Add stock,beans, tomatoes, bay leaves and1/4 teaspoon salt. Bring soup to a boil;reduce heat, cover, and simmer,stirring occasionally, until carrotsare very soft, 15 to 20 minutes.In a blender, puree basil, walnuts,black pepper, remaining 1/4 teaspoonsalt and 1/4 cup water.
- ☐ Transferpesto to a bowl; wash blender.
- ☐ Remove bay leaves from soup;discard. In blender, carefullypuree half of soup; transfer toa bowl; repeat with remaininghalf of soup. Divide soup among4 bowls, dollop each with1/4 pesto, and swirl in; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:87.21, Glycemic Load:8.2, Inflammation Score:-10, Nutrition Score:22.020869503851%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 299.68kcal (14.98%), Fat: 12.37g (19.03%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 27.86g (10.13%), Sugar: 8.26g (9.18%), Cholesterol: 0mg (0%), Sodium: 1411.83mg (61.38%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 9.67g (19.33%), Vitamin A: 6372.51IU (127.45%), Vitamin K: 65.4µg (62.28%), Manganese: 1.11mg (55.72%), Fiber: 7.62g (30.47%), Iron: 4.6mg (25.58%), Potassium: 855.65mg (24.45%), Folate: 96.28µg (24.07%), Copper: 0.48mg (23.92%), Magnesium: 87.49mg (21.87%), Vitamin C: 16.91mg (20.49%), Vitamin B6: 0.37mg (18.47%), Vitamin E: 2.76mg (18.4%), Phosphorus: 163.93mg (16.39%), Calcium: 152.78mg (15.28%), Vitamin B1: 0.2mg (13.6%), Zinc: 1.67mg (11.15%), Vitamin B2: 0.15mg (8.55%), Vitamin B3: 1.4mg (7.02%), Vitamin B5: 0.52mg (5.17%), Selenium: 2.52µg (3.6%)