



Tuscan Bean Soup with Lamb and Shaved Fennel

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



976 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups chicken broth
- 0.5 fennel bulb sliced thin
- 4 garlic cloves
- 4 cups lamb loins cubed cooked (1-inch)
- 4 servings olive oil extra-virgin
- 1 onion
- 1 Leaves from 1 big stem rosemary fresh

- 4 servings salt and pepper black freshly ground
- 1 Leaves from a handful thyme sprigs fresh
- 2 cups tomatoes fresh diced
- 2 cups beans white such as borlotti cooked

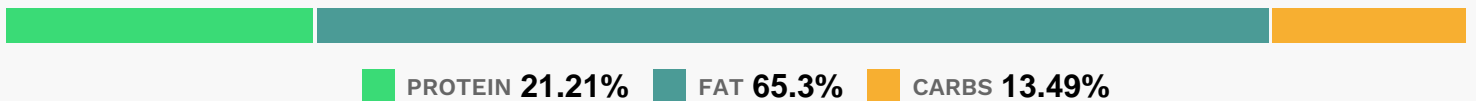
Equipment

- bowl
- ladle
- pot

Directions

- Heat a 2-count of oil in a large soup pot over medium heat.
- Add the onion, garlic, and herbs and cook until softened, about 5 minutes.
- Add the tomato and cook until the vegetables cook down to a pulp, about 5 more minutes. Stir in the lamb and then the chicken broth. Bring to a simmer and season with salt and pepper. Simmer until the lamb is very tender, 20 to 30 minutes.
- Add the beans and simmer until warmed through. Then mash some of the beans against the side of the pot to break them down and thicken the soup. Season with salt and pepper and a drizzle of olive oil. Ladle the soup into bowls, top with fennel, and serve hot.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:38.001304382863%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 975.77kcal (48.79%), Fat: 70.73g (108.82%), Saturated Fat: 26.25g (164.06%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 24.75g (9%), Sugar: 6.13g (6.81%), Cholesterol: 179.76mg (59.92%), Sodium: 1473.72mg (64.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.69g (103.38%), Vitamin B12: 5.54µg (92.26%), Vitamin B3: 15.69mg (78.44%), Selenium: 47.84µg (68.34%), Zinc: 9.83mg (65.53%), Phosphorus: 532.35mg (53.23%), Manganese: 1.02mg (51.22%), Vitamin B2: 0.78mg (46.04%), Iron: 7.95mg (44.19%), Vitamin K: 44.66µg (42.53%), Potassium: 1445.99mg (41.31%), Folate: 140.37µg (35.09%), Vitamin B1: 0.49mg (32.7%), Fiber: 8.14g (32.55%), Magnesium: 127.38mg (31.85%), Copper: 0.64mg (31.79%), Vitamin E: 4.05mg (27.02%), Vitamin B6: 0.54mg (26.99%), Vitamin C: 17.24mg (20.9%), Vitamin B5: 1.96mg (19.63%), Calcium: 170.84mg (17.08%), Vitamin A: 687.89IU (13.76%), Vitamin D: 0.24µg (1.58%)