



Tuscan Bean Soup with Prosciutto and Grated Parmigiano-Reggiano

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



1087 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large basil fresh
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 2 tablespoons garlic clove minced grated
- ☐ 3 teaspoons kosher salt
- ☐ 24 cups .5 can cannellini beans white drained canned (such as giant beans, borlotti beans, or cannellini beans)
- ☐ 2 cups napa cabbage shredded ()
- ☐ 4 servings olive oil extra virgin extra-virgin for drizzling

- ☐ 4 servings parmesan for grating
- ☐ 2 ounces pancetta thin

Equipment

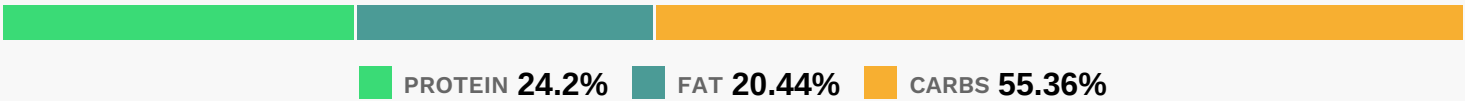
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Combine the beans and their liquid with the garlic, salt, thyme, basil, and 2 cups of water in a large saucepan and bring to a boil over high heat. Reduce the heat to low and simmer for 5 minutes to meld the flavors.
- ☐ Remove about 1 1/2 cups of the beans, returning any garlic or basil to the saucepan. Use an immersion blender to purée the remaining beans in the pot until smooth.
- ☐ (Alternatively, let the soup cool slightly then transfer it to a blender or food processor and purée, holding the lid down tight so the hot liquid doesn't splatter out.) Stir in the reserved beans and cabbage and thin the soup with water if necessary. Cook the soup over medium heat until the cabbage wilts and is slightly tender, about 5 minutes.
- ☐ Divide the soup evenly among four large soup plates or bowls, filling them to just below the rim.
- ☐ Drizzle each serving with high-quality olive oil and grate a thin layer of Parmesan cheese over them. Tear one slice of the prosciutto into a few pieces and rumple the pieces onto one bowl of soup; repeat with the remaining prosciutto slices.
- ☐ From *A Twist of the Wrist* by Nancy Silverton Copyright (c) 2007 by Nancy Silverton
Published by Knopf. Nancy Silverton and her husband, Mark Peel, own and operate Campanile Restaurant and the La Brea Bakery in Los Angeles. She is the author of *Nancy Silverton's Pastries* from the La Brea Bakery (nominated for Julia Child and James Beard Awards) and *Desserts*. She lives in Los Angeles. Carolynn Carreño is a James Beard Award-winning journalist and the coauthor of

100 Ways to Be Pasta, Once Upon a Tart, and A Twist of the Wrist. She lives in Los Angeles and New York.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:20.922608681347%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1086.89kcal (54.34%), Fat: 27.49g (42.29%), Saturated Fat: 8.76g (54.78%), Carbohydrates: 167.52g (55.84%), Net Carbohydrates: 115.39g (41.96%), Sugar: 0.82g (0.91%), Cholesterol: 29.76mg (9.92%), Sodium: 4632.13mg (201.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.22g (146.44%), Fiber: 52.13g (208.52%), Iron: 23.97mg (133.16%), Calcium: 1042.79mg (104.28%), Vitamin K: 26.97µg (25.68%), Phosphorus: 247.04mg (24.7%), Vitamin C: 13.18mg (15.98%), Selenium: 10.4µg (14.86%), Vitamin E: 2.19mg (14.63%), Vitamin B6: 0.21mg (10.34%), Manganese: 0.17mg (8.65%), Vitamin A: 429.35IU (8.59%), Folate: 32.96µg (8.24%), Vitamin B2: 0.14mg (8.21%), Zinc: 1.15mg (7.68%), Vitamin B12: 0.43µg (7.18%), Magnesium: 22.74mg (5.69%), Vitamin B1: 0.07mg (4.98%), Potassium: 169.92mg (4.85%), Vitamin B3: 0.85mg (4.27%), Vitamin B5: 0.28mg (2.83%), Copper: 0.05mg (2.48%), Vitamin D: 0.21µg (1.38%)