



## Tuscan Chard and Cannellini Bean Soup

READY IN



55 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 slices bacon smoked finely chopped
- 15 ounce cannellini beans drained and rinsed to taste canned
- 6 cups chicken broth as needed
- 5 large sage fresh minced
- 1 clove garlic minced
- 1 onion chopped
- 2 ounces parmesan
- 0.3 cup pasta such as orzo or pastina uncooked
- 2 tablespoons sun-dried olives chopped

1 bunch swiss chard white red

## Equipment

bowl

sauce pan

ladle

## Directions

In a large saucepan over medium heat, cook the bacon, onion, garlic, nutmeg, and red pepper flakes until the onion is translucent, about 5 minutes.

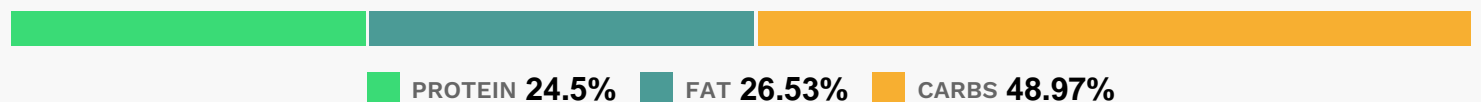
Pour in chicken broth and cannellini beans, and bring the mixture to a boil; stir in sun-dried tomatoes and the piece of Parmesan cheese rind. Reduce heat to a simmer, and cook while you prepare the chard, about 10 minutes.

Cut the stems from the chard, and slice the stems into pieces about 3/4-inch long.

Cut the chard leaves into 1-inch wide ribbons. Stir the chard stems and pasta into the soup, setting aside the leaves. Reduce heat to a simmer, and gently simmer until the pasta is tender, about 10 minutes. Stir the chard leaves, sage, and basil into the soup, and simmer just until wilted, 3 to 4 minutes.

Ladle soup into bowls and top with Parmesan cheese and a drizzle of olive oil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.83, Glycemic Load:6.57, Inflammation Score:-9, Nutrition Score:19.884347926015%

## Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

## Nutrients (% of daily need)

Calories: 209.45kcal (10.47%), Fat: 6.35g (9.77%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 21.4g (7.78%), Sugar: 3.5g (3.89%), Cholesterol: 15.97mg (5.32%), Sodium: 1184.43mg (51.5%), Alcohol: 0g (100%), Protein: 13.19g (26.39%), Vitamin K: 418.01µg (398.11%), Vitamin A: 3154.19IU (63.08%), Manganese: 0.72mg (36.25%), Magnesium: 89.28mg (22.32%), Copper: 0.43mg (21.5%), Vitamin C: 17.17mg (20.81%), Iron: 3.72mg (20.68%), Calcium: 206.07mg (20.61%), Fiber: 4.98g (19.92%), Potassium: 662.86mg (18.94%), Phosphorus: 185.06mg (18.51%), Vitamin B2: 0.26mg (15.35%), Folate: 58.36µg (14.59%), Vitamin B1: 0.18mg (11.98%), Vitamin E: 1.66mg (11.04%), Zinc: 1.56mg (10.37%), Selenium: 6.38µg (9.11%), Vitamin B6: 0.16mg (8.22%), Vitamin B3: 1.29mg (6.45%), Vitamin B5: 0.38mg (3.82%), Vitamin B12: 0.2µg (3.28%)