



WHATSheATE



HEALTH SCORE

60%

Tuscan Chicken, Bean and Spinach Soup



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 slices applewood-smoked bacon crumbled cooked



0.5 teaspoon pepper black freshly ground



1.8 pounds butternut squash peeled chopped



30 ounce .5 can cannellini beans rinsed drained canned



1 cup carrots chopped (3 medium)



3 cups chicken breast shredded cooked



4 cups less-sodium chicken broth fat-free



2 garlic cloves minced

- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 6 ounces mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 2 ounces parmigiano-reggiano cheese fresh grated
- ☐ 10 ounces pkt spinach fresh
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups vegetable broth organic (such as Emeril's brand)

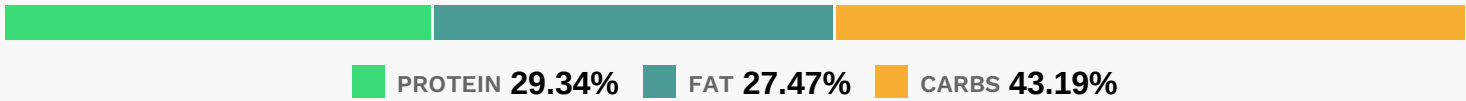
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat; add butter, stirring until melted.
- ☐ Add onion and next 4 ingredients (through garlic); cook 3 minutes, stirring frequently. Mash 1/4 cup beans with a fork.
- ☐ Add beans, broths, and Italian seasoning to pan; bring to a boil. Reduce heat and simmer 10 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add chicken; cook 2 minutes or until thoroughly heated.
- ☐ Add black pepper and spinach, stirring occasionally until spinach wilts (about 3 minutes).
Ladle about 2 cups soup into each of 6 bowls; top each serving with 5 teaspoons cheese and 1 1/2 teaspoons bacon.

Nutrition Facts



Properties

Glycemic Index:51.31, Glycemic Load:9.34, Inflammation Score:-10, Nutrition Score:42.944782718368%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 490.28kcal (24.51%), Fat: 15.42g (23.72%), Saturated Fat: 5.52g (34.52%), Carbohydrates: 54.54g (18.18%), Net Carbohydrates: 42.44g (15.43%), Sugar: 6.88g (7.65%), Cholesterol: 68.78mg (22.93%), Sodium: 1252.01mg (54.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.04g (74.09%), Vitamin A: 22403.68IU (448.07%), Vitamin K: 243.87µg (232.26%), Manganese: 1.6mg (79.97%), Folate: 239.65µg (59.91%), Vitamin C: 44.6mg (54.06%), Potassium: 1804.28mg (51.55%), Vitamin B3: 10.07mg (50.37%), Fiber: 12.1g (48.4%), Magnesium: 185.63mg (46.41%), Phosphorus: 463.74mg (46.37%), Iron: 8.21mg (45.6%), Selenium: 30.51µg (43.59%), Vitamin B6: 0.84mg (42.05%), Calcium: 369.01mg (36.9%), Copper: 0.68mg (33.9%), Vitamin E: 4.73mg (31.52%), Vitamin B1: 0.43mg (28.83%), Vitamin B2: 0.48mg (28.12%), Zinc: 3.74mg (24.97%), Vitamin B5: 2.29mg (22.91%), Vitamin B12: 0.67µg (11.18%), Vitamin D: 0.17µg (1.12%)