



HEALTH SCORE

100%

Tuscan Kale, White Bean, and Ciabatta Soup



Very Healthy

READY IN



390 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy finely chopped
- ☐ 6 ounces ciabatta bread trimmed
- ☐ 1 cup navy dried white
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 10 sage fresh
- ☐ 10 garlic clove divided crushed
- ☐ 1 lb kale
- ☐ 0.5 tsp kosher salt

- ☐ 2 qts chicken broth reduced-sodium
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup pecorino cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon pepper red divided

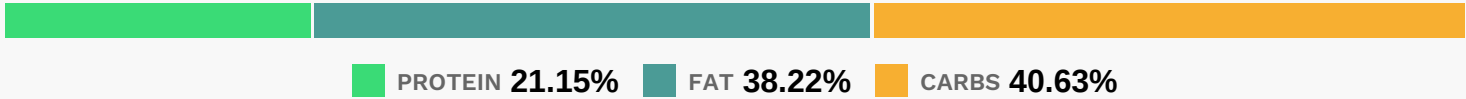
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Soak beans in a bowl with water to cover at least 4 hours (at least 6 hours if using Corona) or overnight.
- ☐ Drain, put in a 5- to 6-qt. pot, and add 2 qts. broth, 6 garlic cloves, the sage, and 1/4 tsp. chile flakes. Bring to a boil, then reduce heat and simmer until tender, 40 to 80 minutes, adding 1/2 tsp. salt during last 15 minutes.
- ☐ Fill another large pot about three-quarters full of water and bring to a boil over high heat. Submerge kale and boil gently until tender, 10 to 15 minutes.
- ☐ Drain, then coarsely chop.
- ☐ Heat 1/3 cup oil over medium heat in pot used for kale. Chop remaining 4 garlic cloves and add to pot with remaining 1/4 tsp. chile flakes and the rosemary; saut until garlic is fragrant, about 2 minutes.
- ☐ Add anchovies and kale and cook a few more minutes. Stir in beans and their liquid. Cover and bring to a boil, then reduce heat and simmer 10 minutes.
- ☐ Remove from heat.
- ☐ Stir bread into soup with pepper and salt to taste. Cover and let stand until bread is very soft, 20 minutes to 1 hour.
- ☐ Reheat soup over medium heat until steaming, adding more broth if you'd like a looser texture. Ladle into bowls and add pecorino and a drizzle of oil.
- ☐ *Get Corona beans (large, plump white beans) from purcellmountainfarms.com

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:44.489999829427%

Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg, Isorhamnetin: 26.76mg Kaempferol: 54.81mg, Kaempferol: 54.81mg, Kaempferol: 54.81mg, Kaempferol: 54.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 25.74mg, Quercetin: 25.74mg, Quercetin: 25.74mg, Quercetin: 25.74mg

Nutrients (% of daily need)

Calories: 606.99kcal (30.35%), Fat: 26.93g (41.43%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 64.41g (21.47%), Net Carbohydrates: 51.23g (18.63%), Sugar: 2.77g (3.08%), Cholesterol: 15.4mg (5.13%), Sodium: 869.27mg (37.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.07%), Vitamin K: 457µg (435.23%), Vitamin A: 11473.13IU (229.46%), Vitamin C: 108.36mg (131.35%), Manganese: 1.84mg (91.84%), Folate: 268.36µg (67.09%), Calcium: 585.16mg (58.52%), Copper: 1.15mg (57.4%), Fiber: 13.18g (52.71%), Potassium: 1776.39mg (50.75%), Iron: 8.65mg (48.05%), Phosphorus: 471.27mg (47.13%), Vitamin B3: 8.72mg (43.61%), Vitamin B2: 0.68mg (39.86%), Magnesium: 148.18mg (37.04%), Vitamin B1: 0.37mg (24.8%), Vitamin B6: 0.49mg (24.58%), Vitamin E: 3.6mg (24.01%), Zinc: 3.27mg (21.79%), Selenium: 11.89µg (16.98%), Vitamin B12: 0.64µg (10.63%), Vitamin B5: 0.61mg (6.06%)