



Tuscan Olive Harvest Ribolita

READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaf
- ☐ 1 pound tuscan cabbage black chopped
- ☐ 36 ounce .5 can cannellini beans
- ☐ 1 small carrots diced
- ☐ 1 small celery stalk diced
- ☐ 1 sprig rosemary fresh
- ☐ 1 sprig thyme leaves fresh
- ☐ 6 slices bread italian sliced
- ☐ 1 leek light white green minced rinsed

- ☐ 0.5 pound napa cabbage chopped
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 6 servings parmesan freshly grated
- ☐ 0.5 pound ham hock smoked chunk
- ☐ 0.8 cup tomato purée
- ☐ 6 cups water divided
- ☐ 3 cloves garlic whole chopped
- ☐ 1 onion yellow minced

Equipment

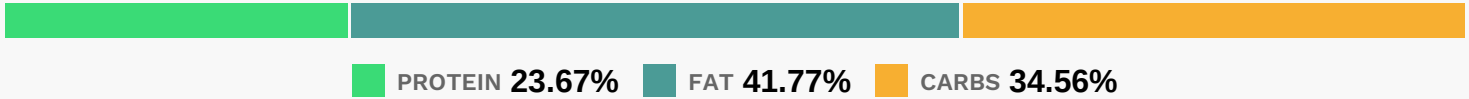
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Drain beans in a colander and gently rinse under cold water.
- ☐ With 3 tablespoons of the oil saute the ham hocks, when brown turn over and add 1 clove chopped garlic.
- ☐ Add 3 cups cold water and beans, bring to a boil and simmer for 30 minutes.
- ☐ Add thyme and rosemary sprigs.
- ☐ In a soup pot add 1/4 cup oil, and remaining chopped garlic. Cook until light brown and add leek, onion, carrot, celery, and bay leaf.
- ☐ Saute for 8 minutes over medium heat until slightly soft.
- ☐ Add the cabbages and saute for 5 minutes.
- ☐ Add remaining 3 cups water and the tomato puree. Cook for 20 minutes.
- ☐ Add to beans and continue to cook for 20 more minutes.
- ☐ Remove ham hock. When cool chop the meat, and add back to the soup discarding the hock bones.

- ☐ Place bread in oven until lightly browned.
- ☐ Remove from oven and rub with a clove of garlic.
- ☐ Brush with remaining olive oil.
- ☐ When ready to eat bring the soup back to a simmer and add bread. Stir until well broken up.
- ☐ Serve with a healthy drizzle of olive oil and fresh grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:52.64, Glycemic Load:2.99, Inflammation Score:-9, Nutrition Score:22.967391283616%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 567.29kcal (28.36%), Fat: 27.42g (42.19%), Saturated Fat: 12.54g (78.4%), Carbohydrates: 51.06g (17.02%), Net Carbohydrates: 38.36g (13.95%), Sugar: 12.73g (14.14%), Cholesterol: 61.6mg (20.53%), Sodium: 1063.35mg (46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.92%), Vitamin K: 85.83µg (81.74%), Calcium: 556.9mg (55.69%), Vitamin C: 45.75mg (55.45%), Fiber: 12.7g (50.81%), Vitamin A: 2249.01IU (44.98%), Iron: 6.47mg (35.97%), Phosphorus: 275.42mg (27.54%), Folate: 95.67µg (23.92%), Manganese: 0.39mg (19.63%), Potassium: 661.2mg (18.89%), Vitamin B6: 0.34mg (16.92%), Vitamin B2: 0.21mg (12.36%), Magnesium: 48.24mg (12.06%), Selenium: 7.9µg (11.28%), Vitamin E: 1.59mg (10.58%), Copper: 0.2mg (10.2%), Vitamin B3: 1.97mg (9.84%), Vitamin B1: 0.14mg (9.01%), Zinc: 1.32mg (8.81%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.56mg (5.57%)