



Tuscan White Bean and Garlic Soup

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 30 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 6 slices ciabatta bread
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 cloves garlic cut in 1/2
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 1 sage leaf
- ☐ 2 shallots chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ grill
- ☐ grill pan

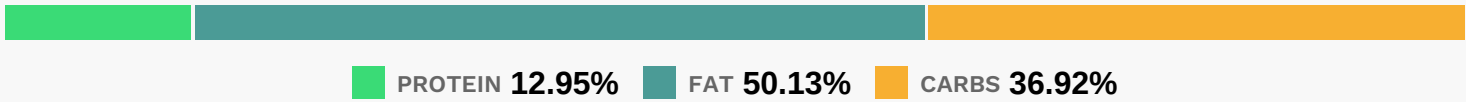
Directions

- ☐ Watch how to make this recipe.
- ☐ Place a medium, heavy soup pot over medium heat.
- ☐ Add the butter, olive oil, and shallot. Cook, stirring occasionally, until the shallots are softened, about 5 minutes.
- ☐ Add the sage and beans and stir to combine.
- ☐ Add the stock and bring the mixture to a simmer.
- ☐ Add the garlic and simmer until the garlic is softened, about 10 minutes.
- ☐ Pour the soup into a large bowl. Carefully ladle 1/3 to 1/2 of the soup into a blender and puree until smooth. Be careful to hold the top of the blender tightly, as hot liquids expand when they are blended.
- ☐ Pour the blended soup back into the soup pan. Puree the remaining soup. Once all the soup is blended and back in the soup pan, add the cream and the pepper. Keep warm, covered, over very low heat.
- ☐ Place a grill pan over medium-high heat.
- ☐ Drizzle the slices of ciabatta bread with extra-virgin olive oil. Grill the bread until warm and golden grill marks appear, about 3 minutes a side.

☐

Serve the soup in bowls with the grilled bread alongside.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:14.531739110532%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 505.62kcal (25.28%), Fat: 28.85g (44.39%), Saturated Fat: 9.72g (60.76%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 40.35g (14.67%), Sugar: 1.87g (2.08%), Cholesterol: 32.44mg (10.81%), Sodium: 228.55mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.55%), Manganese: 0.81mg (40.49%), Fiber: 7.47g (29.88%), Iron: 4.84mg (26.87%), Vitamin E: 3.77mg (25.14%), Folate: 96.04µg (24.01%), Potassium: 837.21mg (23.92%), Copper: 0.43mg (21.35%), Phosphorus: 197.15mg (19.72%), Magnesium: 77.95mg (19.49%), Vitamin K: 15.56µg (14.82%), Calcium: 131.86mg (13.19%), Zinc: 1.86mg (12.37%), Vitamin B3: 2.36mg (11.82%), Vitamin B1: 0.15mg (9.97%), Vitamin B6: 0.18mg (9.18%), Vitamin B2: 0.14mg (8.4%), Vitamin A: 410.58IU (8.21%), Selenium: 3.3µg (4.72%), Vitamin B5: 0.36mg (3.56%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.32µg (2.12%), Vitamin C: 1.42mg (1.72%)