



Tuscan White Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon finely chopped
- ☐ 0.3 cup lightly basil leaves fresh packed sliced
- ☐ 57 ounce .5 can cannellini beans drained progresso® canned
- ☐ 1 medium carrots quartered
- ☐ 1 medium stalk celery quartered
- ☐ 1 bay leaf dried
- ☐ 2 cloves garlic crushed
- ☐ 2 tablespoons olive oil

- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon pepper flakes red crushed to taste
- ☐ 32 ounce carton reduced sodium chicken broth progresso®
- ☐ 0.5 teaspoon gray sea salt
- ☐ 0.5 cup white wine
- ☐ 1 medium onion yellow quartered

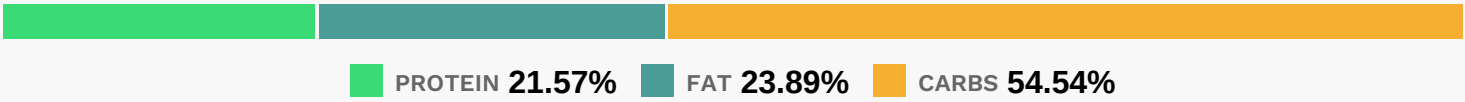
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ In 4-quart saucepan or Dutch oven, cook bacon, onion, celery, carrot and 2 cloves garlic over medium-high heat 5 minutes, stirring occasionally. Reduce heat to medium.
- ☐ Add beans, bay leaf, wine and broth; cover and cook 20 to 25 minutes, stirring occasionally, until vegetables are tender.
- ☐ Remove from heat; cool about 15 minutes.
- ☐ Meanwhile, in 8-inch skillet, heat olive oil over medium-high heat 1 minute.
- ☐ Add 1 tablespoon chopped garlic; cook 3 to 5 minutes, stirring frequently, until garlic begins to brown. Stir in red pepper flakes; cook a few seconds. Stir in basil; cook until basil wilts.
- ☐ Remove bay leaf from bean mixture.
- ☐ Pour mixture into food processor; cover and puree. Return to saucepan; stir in salt and pepper. Simmer over medium heat 5 to 10 minutes, stirring frequently, until thoroughly heated.
- ☐ Ladle soup into individual soup bowls. Top each with basil mixture.

Nutrition Facts



Properties

Glycemic Index:47.31, Glycemic Load:14.61, Inflammation Score:-9, Nutrition Score:25.194782708002%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 464.58kcal (23.23%), Fat: 12.26g (18.86%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 62.94g (20.98%), Net Carbohydrates: 49.23g (17.9%), Sugar: 2.54g (2.82%), Cholesterol: 9.68mg (3.23%), Sodium: 365.47mg (15.89%), Alcohol: 2.06g (100%), Alcohol %: 0.52% (100%), Protein: 24.9g (49.79%), Manganese: 1.49mg (74.69%), Fiber: 13.71g (54.85%), Iron: 8.67mg (48.16%), Folate: 183.84µg (45.96%), Potassium: 1481.93mg (42.34%), Magnesium: 147.52mg (36.88%), Copper: 0.73mg (36.57%), Vitamin A: 1812.98IU (36.26%), Phosphorus: 328.06mg (32.81%), Zinc: 3.45mg (23.03%), Calcium: 219.77mg (21.98%), Vitamin B1: 0.32mg (21.28%), Vitamin E: 2.99mg (19.95%), Vitamin K: 18.39µg (17.52%), Vitamin B6: 0.32mg (16.16%), Vitamin B3: 3.16mg (15.78%), Selenium: 7.57µg (10.82%), Vitamin B2: 0.18mg (10.43%), Vitamin B5: 0.66mg (6.65%), Vitamin B12: 0.22µg (3.74%), Vitamin C: 2.66mg (3.23%)