

 100%
HEALTH SCORE

Tuscan White Bean Soup with Escarole



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound endive chopped
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 5 garlic clove minced
- ☐ 30 ounce cannellini beans rinsed drained canned
- ☐ 1 tablespoon olive oil

- ☐ 2 cups onion finely chopped
- ☐ 6 tablespoons parmesan fresh shaved
- ☐ 1.5 ounce parmesan
- ☐ 0.3 teaspoon salt
- ☐ 2 thyme sprigs fresh
- ☐ 2 cups vegetable stock organic
- ☐ 1 cup water
- ☐ 1 teaspoon citrus champagne vinegar

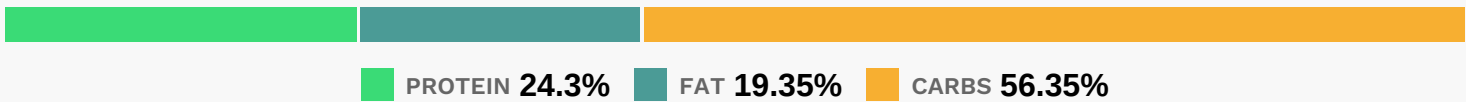
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, and saut for 4 minutes, stirring frequently.
- ☐ Add garlic, and saut for 30 seconds.
- ☐ Add vegetable broth and the next 5 ingredients (through cheese rind); bring to a boil. Reduce heat, and simmer 10 minutes. Stir in escarole and carrot; cover and simmer for 15 minutes or until carrot is tender. Stir in red pepper, salt, black pepper, and vinegar.
- ☐ Remove and discard rind; sprinkle soup with shaved cheese.

Nutrition Facts



Properties

Glycemic Index:81.21, Glycemic Load:4.02, Inflammation Score:-10, Nutrition Score:39.652173607246%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 12.06mg, Kaempferol: 12.06mg, Kaempferol: 12.06mg, Kaempferol: 12.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg, Quercetin: 16.37mg

Nutrients (% of daily need)

Calories: 430.56kcal (21.53%), Fat: 9.59g (14.76%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 41.92g (15.24%), Sugar: 6.39g (7.1%), Cholesterol: 12.33mg (4.11%), Sodium: 968.22mg (42.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.21%), Vitamin K: 269.44µg (256.61%), Vitamin A: 8298.49IU (165.97%), Folate: 400.9µg (100.23%), Manganese: 1.82mg (91.15%), Fiber: 20.93g (83.7%), Phosphorus: 550.14mg (55.01%), Calcium: 459.43mg (45.94%), Potassium: 1448.64mg (41.39%), Magnesium: 146.13mg (36.53%), Copper: 0.72mg (35.84%), Iron: 6.12mg (33.98%), Vitamin B1: 0.5mg (33.34%), Vitamin C: 19.93mg (24.15%), Vitamin B6: 0.48mg (24.1%), Zinc: 3.55mg (23.67%), Selenium: 14.05µg (20.07%), Vitamin B5: 1.88mg (18.83%), Vitamin B2: 0.32mg (18.82%), Vitamin B3: 2.42mg (12.12%), Vitamin E: 1.37mg (9.13%), Vitamin B12: 0.22µg (3.63%)