



Tuscan White Bean Soup with Olive Oil and Rosemary

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 1 tablespoon rosemary leaves fresh chopped
- 6 cloves garlic
- 1 teaspoon olive oil
- 1 medium onion chopped
- 6 servings salt
- 2 tablespoons water

2 cups navy dried white such as great northern or cannellini

Equipment

bowl

ladle

slow cooker

immersion blender

Directions

Rinse the beans thoroughly and place them in a 7-quart slow cooker along with the water, onion, garlic, and bay leaf. Cover and cook on LOW for about 8 hours, or until the beans are nice and tender.

Remove the bay leaf. Using a handheld immersion blender, puree the remaining ingredients to the desired texture.

Add the salt to taste. Ladle the soup into bowls.

Drizzle with the olive oil, sprinkle with rosemary, and serve.

Nutrition Facts



PROTEIN 25.85% **FAT 4.66%** **CARBS 69.49%**

Properties

Glycemic Index:9.5, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:19.163913043478%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 242.41kcal (12.12%), Fat: 1.29g (1.99%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 32.71g (11.89%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 206.16mg (8.96%), Protein:

16.13g (32.27%), Folate: 265.22µg (66.31%), Manganese: 1.29mg (64.41%), Fiber: 10.66g (42.64%), Iron: 7.15mg (39.74%), Potassium: 1249.79mg (35.71%), Copper: 0.68mg (34.04%), Magnesium: 130.9mg (32.72%), Phosphorus: 212.82mg (21.28%), Vitamin B1: 0.31mg (20.59%), Calcium: 172.72mg (17.27%), Zinc: 2.54mg (16.95%), Vitamin B6: 0.27mg (13.74%), Selenium: 9.14µg (13.05%), Vitamin B2: 0.11mg (6.3%), Vitamin B5: 0.54mg (5.36%), Vitamin K: 4.3µg (4.09%), Vitamin C: 2.37mg (2.88%), Vitamin B3: 0.37mg (1.84%), Vitamin E: 0.24mg (1.62%)