



Tuscan White Bean Soup with Prosciutto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 38 ounce cannellini beans white undrained canned
- ☐ 0.8 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 15.8 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 garlic clove minced

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 2 ounces pancetta chopped
- ☐ 1 cup water

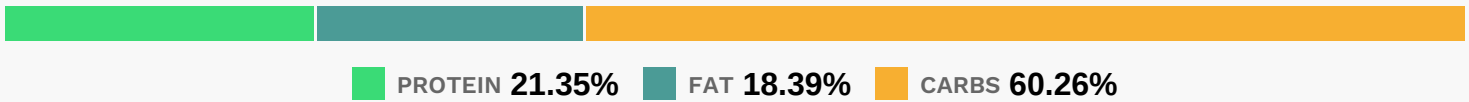
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large stockpot over medium heat.
- ☐ Add the prosciutto, and saut for 2 minutes.
- ☐ Add the onion, celery, carrot, and garlic; saut for 2 minutes or until soft.
- ☐ Add the water, beans, bay leaves, and broth, and bring soup to a boil. Partially cover, reduce heat, and simmer soup for 20 minutes.
- ☐ Add the parsley, sherry, and black pepper; cook for 1 minute. Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:57.71, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:29.398695380791%

Flavonoids

Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 419.08kcal (20.95%), Fat: 8.75g (13.47%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 64.52g (21.51%), Net Carbohydrates: 49.81g (18.11%), Sugar: 4.06g (4.51%), Cholesterol: 9.36mg (3.12%), Sodium: 601.45mg (26.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.72%), Vitamin A: 4272.84IU (85.46%), Manganese: 1.54mg (77.1%), Fiber: 14.71g (58.84%), Folate: 198.33µg (49.58%), Vitamin K: 50.91µg (48.48%), Iron: 8.64mg

(48.01%), Potassium: 1484.74mg (42.42%), Magnesium: 151.19mg (37.8%), Copper: 0.7mg (35.08%), Phosphorus: 304.88mg (30.49%), Calcium: 233.36mg (23.34%), Vitamin B1: 0.35mg (23.14%), Zinc: 3.4mg (22.64%), Vitamin B6: 0.36mg (18.14%), Vitamin E: 2.71mg (18.07%), Selenium: 10.03µg (14.33%), Vitamin B2: 0.17mg (10.19%), Vitamin C: 7.88mg (9.55%), Vitamin B3: 1.87mg (9.37%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.29µg (4.9%)