



"Twice-Boiled" Vegetable Soup with White Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



310 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large carrots peeled sliced
- ☐ 1 celery stalks thinly sliced
- ☐ 0.7 cup great northern beans dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 ounces green beans chopped
- ☐ 10 cups chicken broth canned ()
- ☐ 10 tablespoons olive oil extra virgin extra-virgin

- ☐ 4 ounce pancetta
- ☐ 1 onion red sliced
- ☐ 1 large baking potatoes peeled sliced
- ☐ 4 ounces savoy cabbage thinly sliced
- ☐ 1 bunch swiss chard sliced
- ☐ 1 tablespoon tomato paste
- ☐ 2 zucchini sliced

Equipment

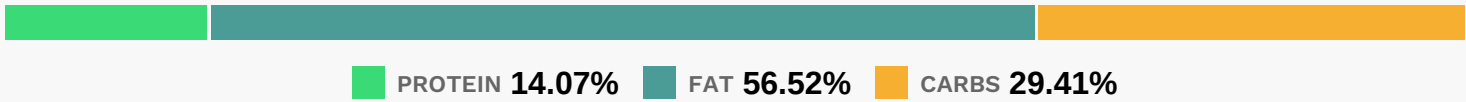
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Place Great Northern beans in large saucepan.
- ☐ Add enough cold water to cover beans by 3 inches; let soak overnight.
- ☐ Drain. Return to saucepan.
- ☐ Add enough fresh cold water to cover beans by 3 inches. Simmer until beans are tender, about 1 hour.
- ☐ Drain. Puree 1 cup beans in processor. Set aside pureed beans and whole beans.
- ☐ Heat 4 tablespoons oil in heavy large pot over medium heat.
- ☐ Add chopped onion and parsley; sauté 3 minutes. Stir in tomato paste.
- ☐ Add remaining vegetables and pancetta; sauté 3 minutes.
- ☐ Add 10 cups chicken broth, pureed beans and whole beans. Cover; simmer until vegetables are tender, stirring occasionally, about 1 1/2 hours. Season with salt and pepper. Cool slightly. Chill uncovered until cold. Cover; chill overnight.
- ☐ Bring soup to simmer.
- ☐ Remove pancetta. Ladle soup into bowls.

Drizzle remaining oil over soup and serve.

Nutrition Facts



Properties

Glycemic Index:39.26, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:22.455217332944%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 310.22kcal (15.51%), Fat: 20.37g (31.33%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 18.69g (6.8%), Sugar: 4.1g (4.56%), Cholesterol: 7.48mg (2.49%), Sodium: 244.38mg (10.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.81%), Vitamin K: 288.55µg (274.81%), Vitamin A: 4608.88IU (92.18%), Vitamin C: 26.76mg (32.43%), Potassium: 898.5mg (25.67%), Manganese: 0.5mg (24.91%), Vitamin B3: 4.94mg (24.7%), Folate: 96.77µg (24.19%), Phosphorus: 209.84mg (20.98%), Fiber: 5.16g (20.65%), Vitamin B6: 0.4mg (20.21%), Vitamin E: 2.95mg (19.65%), Magnesium: 76.58mg (19.14%), Copper: 0.37mg (18.63%), Iron: 2.62mg (14.54%), Vitamin B1: 0.2mg (13.63%), Vitamin B2: 0.21mg (12.64%), Calcium: 75.15mg (7.52%), Zinc: 1.12mg (7.48%), Selenium: 4.68µg (6.68%), Vitamin B5: 0.55mg (5.46%), Vitamin B12: 0.29µg (4.88%)