



HEALTH SCORE

77%

Two-Bean Soup with Kale



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 30 ounce no-salt-added cannellini beans divided rinsed drained canned
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 7 cups kale stemmed chopped (1 bunch)

- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt divided
- ☐ 4 cups vegetable broth organic divided (such as Emeril's)

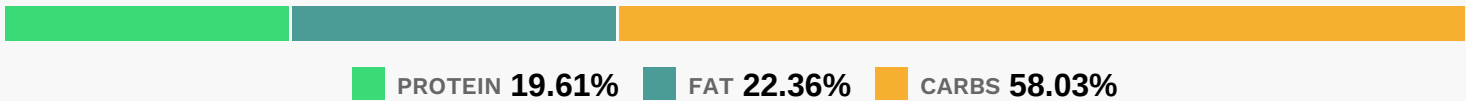
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add onion, carrot, and celery, and saut 6 minutes or until tender. Stir in 1/4 teaspoon salt and garlic; cook 1 minute. Stir in 3 cups vegetable broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender.
- ☐ Place half of cannellini beans and remaining 1 cup vegetable broth in a blender or food processor; process until smooth.
- ☐ Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining 1/4 teaspoon salt, vinegar, and rosemary.

Nutrition Facts



Properties

Glycemic Index:45.81, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:21.57391328397%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg, Isorhamnetin: 7.12mg Kaempferol: 11.69mg, Kaempferol: 11.69mg, Kaempferol: 11.69mg, Kaempferol: 11.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg

Nutrients (% of daily need)

Calories: 292.52kcal (14.63%), Fat: 7.83g (12.04%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 30.78g (11.19%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 1154.62mg (50.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.87%), Vitamin K: 104.03µg (99.08%), Vitamin A: 4607.29IU (92.15%), Fiber: 14.91g (59.65%), Folate: 130.99µg (32.75%), Vitamin C: 26.07mg (31.61%), Manganese: 0.57mg (28.71%), Iron: 5.13mg (28.52%), Calcium: 182.38mg (18.24%), Magnesium: 63.22mg (15.81%), Vitamin B1: 0.22mg (14.93%), Phosphorus: 128.19mg (12.82%), Potassium: 439.23mg (12.55%), Copper: 0.18mg (9.25%), Vitamin B2: 0.15mg (8.61%), Vitamin E: 1.27mg (8.47%), Vitamin B6: 0.15mg (7.54%), Zinc: 0.99mg (6.57%), Vitamin B3: 0.82mg (4.09%), Vitamin B5: 0.28mg (2.85%), Selenium: 1.4µg (2%)