



Vegetable Chowder in Bread Bowls

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces kidney beans rinsed drained canned
- 38 ounces roasted garlic with roasted garlic ready-to-serve canned
- 16 ounces peas-carrots mix shopping list sweet frozen
- 4 large portugese rolls hard ()

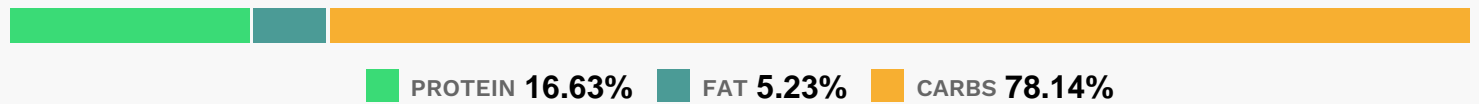
Equipment

- bowl
- sauce pan

Directions

- Cut thin 2-inch-round slice from tops of rolls.
- Remove bread from inside of each roll, leaving 1/2-inch shell on side and bottom. (Reserve bread trimmings for another use.)
- Heat soup, vegetables and beans in 3-quart saucepan over medium-high heat, stirring occasionally, 8 to 10 minutes until vegetables are tender and soup is hot.
- Fill soup bowls one-third full with soup.
- Place rolls on top of soup. Spoon additional soup into rolls, allowing some soup to overflow into bowls.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:53.28, Inflammation Score:-10, Nutrition Score:45.554782292117%

Flavonoids

Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 4.34mg, Myricetin: 4.34mg, Myricetin: 4.34mg, Myricetin: 4.34mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 720.74kcal (36.04%), Fat: 4.46g (6.87%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 150.07g (50.02%), Net Carbohydrates: 133.86g (48.68%), Sugar: 8.99g (9.99%), Cholesterol: 0mg (0%), Sodium: 700.04mg (30.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.86%), Manganese: 5.08mg (253.94%), Vitamin A: 10793.66IU (215.87%), Vitamin B6: 3.54mg (176.96%), Vitamin C: 97.58mg (118.28%), Iron: 17.79mg (98.85%), Fiber: 16.21g (64.84%), Phosphorus: 592.79mg (59.28%), Selenium: 40.77µg (58.25%), Vitamin B1: 0.87mg (57.79%), Calcium: 555.31mg (55.53%), Copper: 1.06mg (53.12%), Potassium: 1576.38mg (45.04%), Magnesium: 119.64mg (29.91%), Zinc: 4.37mg (29.15%), Vitamin B2: 0.46mg (27.02%), Vitamin B3: 4.01mg (20.06%), Vitamin B5: 1.97mg (19.69%), Folate: 76.54µg (19.14%), Vitamin K: 8.94µg (8.51%), Vitamin E: 0.24mg (1.58%)