



 **67%**
HEALTH SCORE

White Bean-and-Collard Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



105 min.

SERVINGS



4

CALORIES



933 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices hickory-smoked bacon thick
- 1 cup barbecue sauce
- 80 oz navy beans canned
- 1 tablespoon chicken soup base
- 3 cups collard greens shredded
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon chipotle chili powder
- 4 servings hot sauce

- 1 medium onion finely chopped
- 0.5 teaspoon pepper freshly ground
- 2 cups ham smoked chopped
- 6 oz tomato paste canned

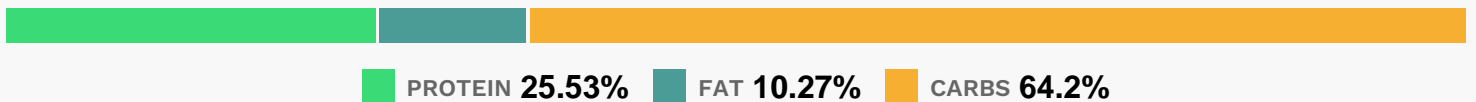
Equipment

- paper towels
- dutch oven

Directions

- Cook bacon in a large Dutch oven over medium-high heat 4 to 5 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in Dutch oven. Crumble bacon.
- Saut ham and onion in hot drippings 10 minutes or until tender.
- Add beans, next 6 ingredients, and 8 cups water. Bring to a boil over medium-high heat. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 1 hour. Stir in collards; cook 10 minutes or until tender.
- Serve with crumbled bacon and hot sauce.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:52.1200002393%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 932.68kcal (46.63%), Fat: 10.89g (16.75%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 153.19g (51.06%), Net Carbohydrates: 121g (44%), Sugar: 28.83g (32.03%), Cholesterol: 48.22mg (16.07%), Sodium: 4752.51mg (206.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.91g (121.82%), Vitamin K: 141.17µg (134.44%), Fiber: 32.2g (128.8%), Manganese: 2.56mg (128.03%), Phosphorus: 1020.52mg (102.05%), Folate: 399.48µg (99.87%), Magnesium: 324.15mg (81.04%), Copper: 1.55mg (77.49%), Iron: 13.11mg (72.85%), Potassium: 2288.75mg (65.39%), Vitamin B1: 0.91mg (60.59%), Selenium: 37.24µg (53.2%), Zinc: 6.41mg (42.72%), Vitamin E: 6.4mg (42.65%), Vitamin B6: 0.82mg (41.08%), Calcium: 390.02mg (39%), Vitamin A: 1765.89IU (35.32%), Vitamin B2: 0.44mg (25.68%), Vitamin C: 20.03mg (24.28%), Vitamin B3: 4.48mg (22.4%), Vitamin B5: 1.39mg (13.93%)