



White Bean and Escarole Soup

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



6

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 30 ounce .5 can cannellini beans rinsed drained canned
- 5 cups chicken broth low-sodium homemade canned
- 1 pound endive washed trimmed coarsely chopped
- 4 cloves garlic minced
- 1 teaspoon kosher salt plus more
- 2 tablespoons olive oil
- 0.5 cup onion diced

- 2 ounces pancetta cut into 1/4-inch cubes
- 1 cup plum tomatoes canned peeled seeded chopped
- 0.3 teaspoon pepper flakes red
- 1 teaspoon rosemary minced

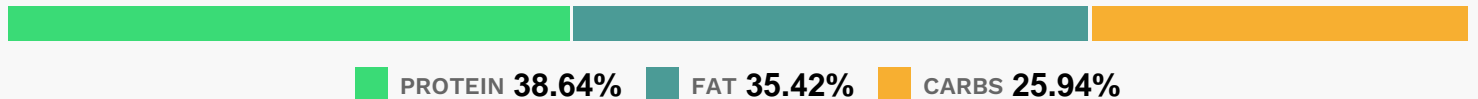
Equipment

- pot
- slotted spoon

Directions

- Drizzle each serving with extra-virgin olive oil and/or sprinkle with freshly grated Parmesan and serve with a good crusty bread.
- In a soup pot, heat the oil over medium heat, add the pancetta, and saute for about 5 minutes.
- Remove meat with a slotted spoon and set aside.
- Add the onion and saute until golden, about 10 minutes.
- Add the garlic, rosemary, and pepper flakes; saute for 3 minutes more.
- Add the escarole, stirring for 2 minutes more.
- Add the beans, tomato, broth, and salt to taste; bring to a boil. Lower the heat to maintain a gentle simmer, cover, and cook for 10 to 15 minutes. Stir in the reserved pancetta and season with salt and pepper to taste.
- Serve with the oil and/or cheese and the crusty bread. Cook's note: Swiss chard is a welcome substitute for the escarole.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:8.17, Inflammation Score:-9, Nutrition Score:32.742174091546%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 7.76mg, Kaempferol: 7.76mg, Kaempferol: 7.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 587.1kcal (29.35%), Fat: 22.94g (35.29%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 27.85g (10.13%), Sugar: 2.23g (2.48%), Cholesterol: 91.65mg (30.55%), Sodium: 1301.61mg (56.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.29g (112.59%), Vitamin K: 188.94µg (179.94%), Manganese: 1.16mg (57.98%), Folate: 211.5µg (52.88%), Selenium: 36.13µg (51.61%), Vitamin A: 2298.78IU (45.98%), Zinc: 6.69mg (44.58%), Phosphorus: 441.95mg (44.2%), Iron: 7.35mg (40.85%), Fiber: 9.95g (39.8%), Potassium: 1285.18mg (36.72%), Magnesium: 123.74mg (30.93%), Vitamin B12: 1.76µg (29.26%), Vitamin B6: 0.55mg (27.29%), Copper: 0.53mg (26.5%), Vitamin B3: 5.22mg (26.09%), Vitamin E: 2.96mg (19.75%), Calcium: 179.02mg (17.9%), Vitamin B2: 0.3mg (17.76%), Vitamin B1: 0.25mg (16.52%), Vitamin C: 11.94mg (14.47%), Vitamin B5: 1.06mg (10.61%), Vitamin D: 0.21µg (1.39%)