



White Bean and Ham Soup



Gluten Free



Dairy Free



Popular

READY IN



180 min.

SERVINGS



8

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup carrots chopped (1 medium carrot)
- ☐ 1 cup celery chopped (2-3 ribs)
- ☐ 8 servings parsley fresh
- ☐ 2 cloves garlic diced
- ☐ 1 lb great northern white
- ☐ 2 lbs ham hocks
- ☐ 2 teaspoons herbs de provence italian
- ☐ 1 cup onions diced (1 small onion)

- ☐ 8 servings salt and pepper
- ☐ 8 servings all the tabasco sauce you handle
- ☐ 2 quarts water

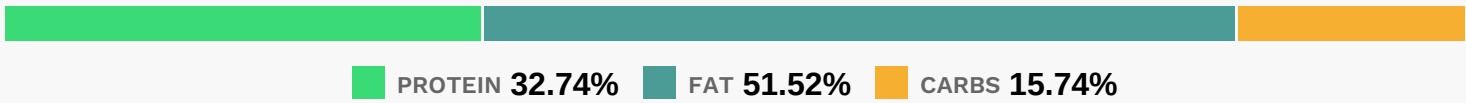
Equipment

- ☐ pot

Directions

- ☐ Fill a pot large enough to hold the beans with water and bring to a boil. Turn off the heat, add the beans and soak the beans for about 2 hours.
- ☐ Drain the water.² Meanwhile, put the ham hocks or shanks in a large pot and cover with 2 quarts of water.
- ☐ Add the herbes de Provence or Italian seasoning. Bring to a simmer and simmer for about an hour.
- ☐ Add the chopped vegetables and beans. Cook for another hour, until the vegetables are soft and the ham meat easily pulls away from the bone. Pull the meat off the bone and discard the bones.³
- ☐ Add several drops of Tabasco to taste.
- ☐ Add salt and pepper to taste.
- ☐ Serve with a pinch of chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:13.344782741173%

Flavonoids

Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 468.16kcal (23.41%), Fat: 26.4g (40.62%), Saturated Fat: 9.72g (60.75%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 13.5g (4.91%), Sugar: 1.76g (1.96%), Cholesterol: 123.6mg (41.2%), Sodium: 515.92mg (22.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.75g (75.5%), Vitamin K: 77.07µg (73.4%), Vitamin A: 2185.75IU (43.71%), Iron: 4.61mg (25.59%), Potassium: 857.8mg (24.51%), Manganese: 0.45mg (22.69%), Fiber: 4.65g (18.61%), Folate: 63.09µg (15.77%), Copper: 0.23mg (11.41%), Magnesium: 45.5mg (11.38%), Calcium: 105.71mg (10.57%), Vitamin C: 8.25mg (10.01%), Phosphorus: 80.61mg (8.06%), Zinc: 0.95mg (6.33%), Vitamin B1: 0.09mg (6.14%), Vitamin B6: 0.12mg (5.76%), Vitamin E: 0.69mg (4.61%), Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.24mg (2.35%), Vitamin B3: 0.32mg (1.59%), Selenium: 1.02µg (1.46%)