



White Bean and Vegetable Soup



Gluten Free



Very Healthy



Popular

READY IN



125 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz kidney beans dried white drained canned (or)
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 large onion yellow chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.1 head cabbage green cut into 1/2 inch pieces
- ☐ 1 cups tomatoes fresh chopped
- ☐ 2 celery stalks cut into 1/2 inch pieces

- ☐ 5 cups vegetable stock ()
- ☐ 1 medium potatoes cut into 1/2 inch pieces
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 head cabbage red cut into 1/2 inch pieces
- ☐ 2 summer squash cut into 1/2 inch pieces
- ☐ 2 teaspoons salt
- ☐ 0.5 cup parmesan cheese grated

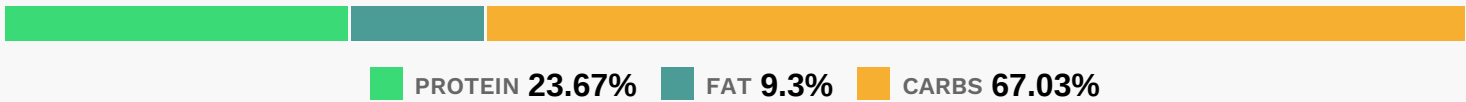
Equipment

- ☐ pot

Directions

- ☐ Cook onions, with thyme and garlic:
- ☐ Heat olive oil in a large pot over medium heat.
- ☐ Add onion, thyme, and garlic. Sauté 5 minutes.
- ☐ Add green cabbage, tomatoes, celery, and carrots. Sauté 10 minutes.
- ☐ Add beans, 5 cups of stock, potatoes, and basil. Bring to a boil. Reduce heat, cover and simmer for one hour.
- ☐ Add red cabbage and zucchini.
- ☐ Add salt. Cover and simmer until vegetables are tender, about 20 minutes longer.
- ☐ Serve: To serve, stir in the cheese.
- ☐ Sprinkle in a dash of Tabasco hot sauce if you want to give the soup a little zip.
- ☐ Serve with ground pepper and bread.

Nutrition Facts



Properties

Glycemic Index:128.94, Glycemic Load:47.77, Inflammation Score:-10, Nutrition Score:58.6099999797914%

Flavonoids

Cyanidin: 113.98mg, Cyanidin: 113.98mg, Cyanidin: 113.98mg, Cyanidin: 113.98mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 10.26mg, Pelargonidin: 10.26mg, Pelargonidin: 10.26mg, Pelargonidin: 10.26mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 913.65kcal (45.68%), Fat: 9.73g (14.97%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 157.95g (52.65%), Net Carbohydrates: 120.47g (43.81%), Sugar: 14.28g (15.87%), Cholesterol: 10.88mg (3.63%), Sodium: 2611.18mg (113.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.77g (111.53%), Folate: 908.78µg (227.2%), Fiber: 37.48g (149.91%), Manganese: 2.94mg (147.14%), Potassium: 3711.36mg (106.04%), Vitamin C: 87.09mg (105.56%), Phosphorus: 1053.04mg (105.3%), Vitamin B1: 1.46mg (97.59%), Iron: 16.14mg (89.69%), Magnesium: 348.85mg (87.21%), Copper: 1.66mg (83.19%), Vitamin B6: 1.45mg (72.53%), Vitamin K: 69.63µg (66.31%), Zinc: 7.24mg (48.27%), Vitamin B2: 0.73mg (42.84%), Vitamin A: 2025.94IU (40.52%), Calcium: 365.06mg (36.51%), Vitamin B3: 6.13mg (30.63%), Vitamin B5: 2.23mg (22.26%), Selenium: 12.26µg (17.51%), Vitamin E: 1.46mg (9.74%), Vitamin B12: 0.17µg (2.81%)