



 **100%**
HEALTH SCORE

White Bean-Chard Soup

 Vegetarian  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31 ounce .5 can cannellini beans drained and rinsed canned
- 3 stalks celery diced
- 0.3 cup cilantro leaves fresh chopped
- 4 servings kosher salt
- 4 cups chicken broth low-sodium
- 4 tablespoons olive oil extra-virgin
- 1 large onion diced
- 4 servings pepper freshly ground

- 12 ounce roasted peppers red drained coarsely chopped
- 4 slices sourdough bread thick
- 1 bunch swiss chard roughly chopped
- 5 cloves garlic whole minced (4 ; 1)

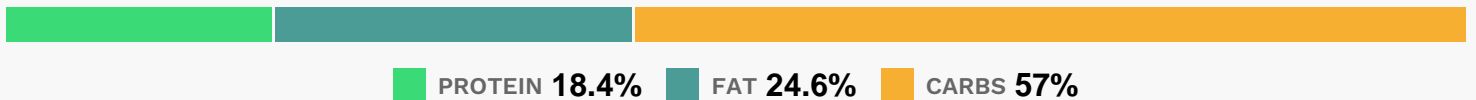
Equipment

- frying pan
- pot

Directions

- Heat 1 tablespoon olive oil in a medium pot over medium-high heat.
- Add the onion, celery and 1 1/2 teaspoons salt and cook until the vegetables are golden brown, about 5 minutes.
- Add the beans and broth, bring to a simmer and cook 15 minutes.
- Meanwhile, heat the remaining 3 tablespoons olive oil in a large skillet over medium heat.
- Add the roasted peppers, minced garlic and cilantro and cook until the garlic is soft, about 2 minutes. Stir in the chard, cover and cook until wilted, 1 to 2 minutes. Scrape the contents of the skillet into the pot and simmer until heated through, about 5 minutes. Season with salt and pepper.
- Toast the bread, then rub with the whole garlic clove.
- Serve the soup with the bread and lemon wedges, if desired.
- Photographs by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:74.13, Glycemic Load:38.56, Inflammation Score:-10, Nutrition Score:46.213478368262%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

Nutrients (% of daily need)

Calories: 640.9kcal (32.04%), Fat: 18.12g (27.88%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 94.48g (31.49%), Net Carbohydrates: 79.06g (28.75%), Sugar: 6.76g (7.52%), Cholesterol: 0mg (0%), Sodium: 2011.82mg (87.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.5g (61.01%), Vitamin K: 650.02µg (619.06%), Vitamin A: 5233.07IU (104.66%), Manganese: 2.04mg (101.85%), Vitamin C: 67.19mg (81.45%), Iron: 11.91mg (66.15%), Folate: 264.31µg (66.08%), Fiber: 15.42g (61.7%), Magnesium: 213.42mg (53.36%), Potassium: 1838.25mg (52.52%), Copper: 1.01mg (50.61%), Vitamin B1: 0.75mg (49.89%), Phosphorus: 413.9mg (41.39%), Vitamin B3: 7.51mg (37.56%), Vitamin E: 5.42mg (36.14%), Selenium: 23.6µg (33.72%), Vitamin B2: 0.55mg (32.44%), Calcium: 305.01mg (30.5%), Vitamin B6: 0.6mg (29.9%), Zinc: 3.94mg (26.26%), Vitamin B5: 0.93mg (9.31%), Vitamin B12: 0.24µg (3.93%)