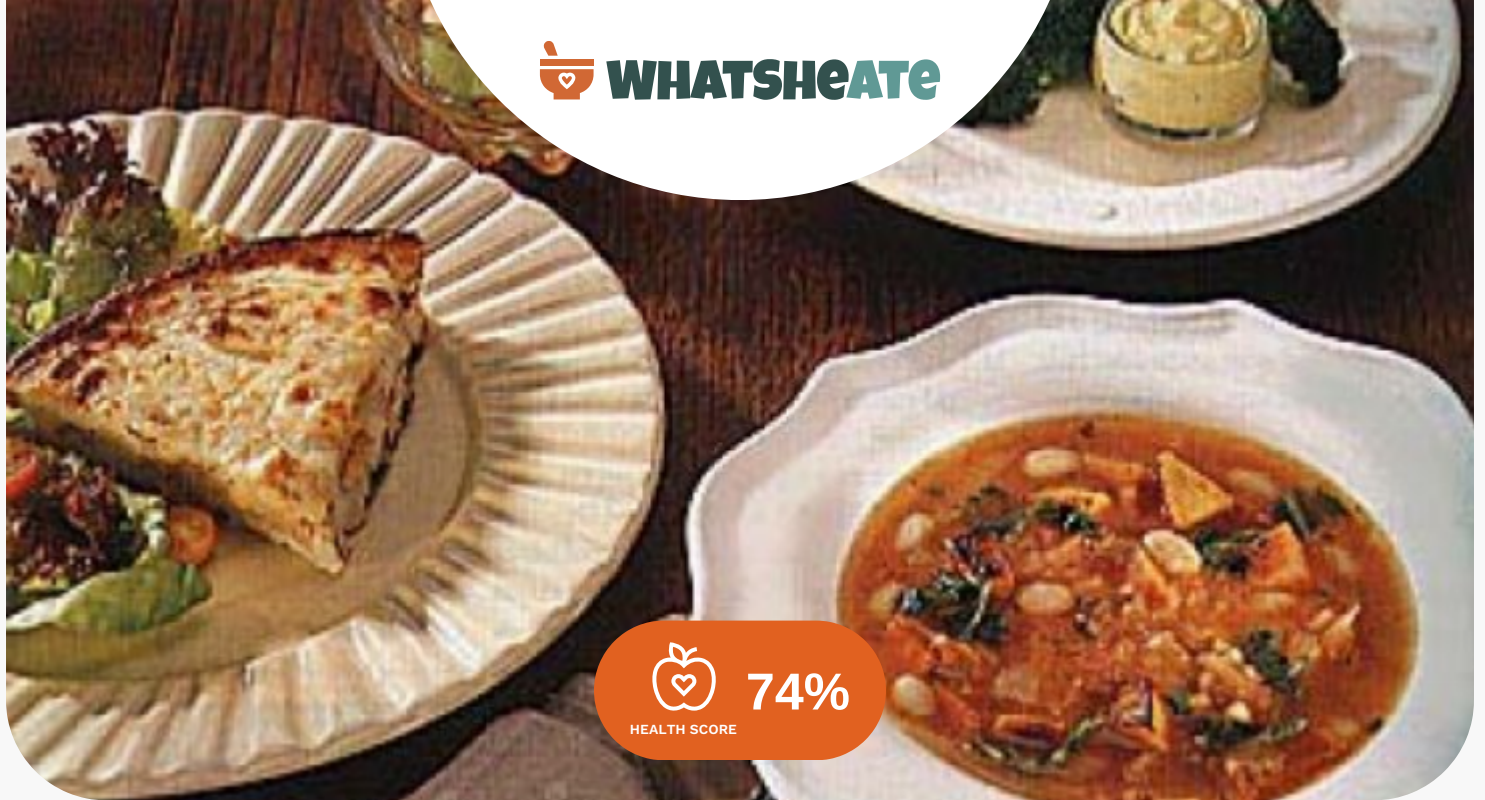




HEALTH SCORE

74%

White Bean, Kale and Roasted Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 small butternut squash peeled seeded cut lengthwise into 1/2-inch-thick wedges
- ☐ 15 ounce cannellini beans drained canned
- ☐ 3 medium carrots peeled quartered
- ☐ 6 garlic cloves unpeeled
- ☐ 4 cups kale finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion cut into 8 wedges

- ☐ 3 large thyme sprigs fresh
- ☐ 2 large tomatoes quartered
- ☐ 6 cups vegetable broth canned ()

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400°F. Spray rimmed baking sheet with oil spray. Arrange carrots, tomatoes, onion, squash and garlic on sheet.
- ☐ Drizzle with oil.
- ☐ Sprinkle with salt and pepper. Toss to coat.
- ☐ Bake until vegetables are brown and tender, stirring occasionally, about 45 minutes.
- ☐ Transfer carrots and squash to work surface.
- ☐ Cut into 1/2-inch pieces; set aside. Peel garlic cloves; place in processor.
- ☐ Add tomatoes and onion; puree until almost smooth.
- ☐ Pour 1/2 cup broth onto baking sheet; scrape up any browned bits.
- ☐ Transfer broth and vegetable puree to large pot.
- ☐ Add 5 1/2 cups broth, kale, thyme and bay leaf to pot; bring to boil. Reduce heat; simmer uncovered until kale is tender, about 30 minutes.
- ☐ Add beans and reserved carrots and squash to soup. Simmer 8 minutes to blend flavors, adding more broth to thin soup if necessary. Season with salt and pepper. Discard thyme sprigs and bay leaf. (Can be made 1 day ahead. Cover and chill. Bring to simmer before serving.)
- ☐ Per serving: calories, 191; total fat, 4 g; saturated fat, 0.5 g; cholesterol, 0
- ☐ Self

Nutrition Facts



 **PROTEIN 15.39%**  **FAT 14.3%**  **CARBS 70.31%**

Properties

Glycemic Index:43.97, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:20.93521754638%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 184.65kcal (9.23%), Fat: 3.13g (4.81%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 27.13g (9.87%), Sugar: 7.62g (8.46%), Cholesterol: 0mg (0%), Sodium: 978.44mg (42.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin A: 14169.14IU (283.38%), Vitamin K: 65.66µg (62.54%), Vitamin C: 40.83mg (49.49%), Manganese: 0.71mg (35.64%), Fiber: 7.44g (29.76%), Folate: 102.95µg (25.74%), Potassium: 810.55mg (23.16%), Magnesium: 76.42mg (19.1%), Vitamin B6: 0.35mg (17.59%), Phosphorus: 162.34mg (16.23%), Vitamin B1: 0.24mg (16%), Calcium: 132.62mg (13.26%), Iron: 2.24mg (12.45%), Vitamin E: 1.86mg (12.43%), Copper: 0.24mg (11.85%), Vitamin B3: 1.96mg (9.81%), Vitamin B2: 0.15mg (8.55%), Vitamin B5: 0.65mg (6.48%), Zinc: 0.87mg (5.82%), Selenium: 3.93µg (5.61%)