

White Bean Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.5 ounce beans white canned
- ☐ 1 large carrots chopped
- ☐ 5 cups chicken broth
- ☐ 1 teaspoon parsley dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cloves garlic crushed
- ☐ 10 ounce golden corn drained canned
- ☐ 1 tablespoon olive oil

- ☐ 6 servings salt and pepper to taste
- ☐ 1 teaspoon summer savory dried
- ☐ 1 cup tomatoes fresh diced
- ☐ 1 onion yellow chopped

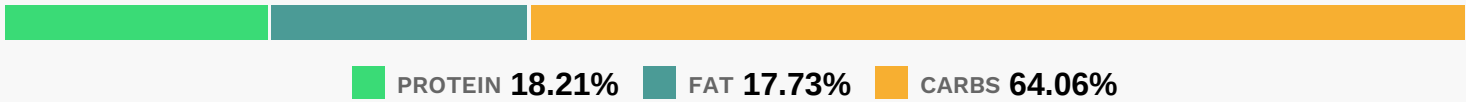
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in a large stock pot over medium-high heat.
- ☐ Saute garlic and onion until tender, approximately 5 minutes. Stir in carrot and corn, season with salt and pepper, and cook another 2 to 3 minutes.
- ☐ Pour in chicken broth, beans, tomatoes, thyme, savory, and parsley, and bring to a low boil. Reduce to a simmer, cover, and cook approximately one hour.
- ☐ Separate soup into 2 equal portions, and allow to cool to room temperature. Once cooled, puree half of the batch in a blender or food processor until smooth. Return both batches to the stockpot, and heat until warmed through. Adjust seasoning with salt and pepper as needed.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:38.06, Glycemic Load:9.7, Inflammation Score:-9, Nutrition Score:13.093912886537%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol:

0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 182.18kcal (9.11%), Fat: 3.83g (5.89%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 25.08g (9.12%), Sugar: 5.21g (5.79%), Cholesterol: 3.92mg (1.31%), Sodium: 935.3mg (40.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin A: 2389.02IU (47.78%), Manganese: 0.7mg (34.87%), Fiber: 6.06g (24.23%), Iron: 3.23mg (17.97%), Potassium: 609.28mg (17.41%), Folate: 68.48µg (17.12%), Magnesium: 61.38mg (15.35%), Copper: 0.26mg (13.05%), Phosphorus: 129.42mg (12.94%), Vitamin B1: 0.19mg (12.47%), Vitamin B2: 0.19mg (11.08%), Vitamin C: 8.89mg (10.78%), Vitamin B6: 0.21mg (10.36%), Vitamin K: 10.44µg (9.94%), Calcium: 96.18mg (9.62%), Zinc: 1.41mg (9.41%), Vitamin E: 1.27mg (8.45%), Vitamin B3: 1.64mg (8.22%), Vitamin B5: 0.61mg (6.11%), Selenium: 2.34µg (3.35%)