



White Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



328 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 3 cups & cannellini beans canned rinsed drained
- ☐ 1 carrots finely chopped
- ☐ 1 celery finely chopped
- ☐ 1 Teaspoon thyme leaves or dried fresh
- ☐ 2 Cloves garlic finely chopped
- ☐ 5 Tablespoons olive oil
- ☐ 1 onion finely chopped

- ☐ 4 servings salt and pepper black as needed freshly ground
- ☐ 3 tomatoes crushed peeled finely chopped (Alternatively You Can Use Â)
- ☐ 3 to 4 cups vegetable stock/water

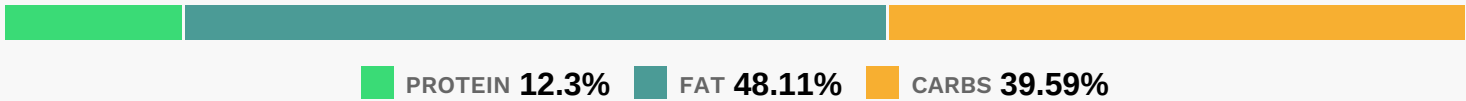
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat the oil in a saucepan.
- ☐ Add bay leaf, onion and cook.
- ☐ Add the carrot and celery and cook until they are soft.
- ☐ Add crused tomatoes, garlic, and thyme to the sauce pan. Cook it for another 5 minutes.Meanwhile puree 1 cup of the beans either in a food processor or a blender adding little water.Now add this puree, remaining 2 cups of beans and the vegetable stock to the sauce pan.Simmer for another 10 minutes.That's it.
- ☐ Serve with your favorite bread.

Nutrition Facts



Properties

Glycemic Index:81.71, Glycemic Load:8.08, Inflammation Score:-9, Nutrition Score:14.811304315277%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 328.48kcal (16.42%), Fat: 17.98g (27.66%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 25.78g (9.38%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 23.8mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.69%), Vitamin A: 2581.9IU (51.64%), Manganese: 0.8mg (39.98%), Fiber: 7.5g (30.01%), Vitamin E: 3.7mg (24.67%), Iron: 4.36mg (24.23%), Folate: 96.17µg (24.04%), Potassium: 713.94mg (20.4%), Magnesium: 74.68mg (18.67%), Copper: 0.34mg (16.97%), Vitamin K: 17.07µg (16.26%), Phosphorus: 138.97mg (13.9%), Calcium: 115.58mg (11.56%), Zinc: 1.62mg (10.79%), Vitamin B1: 0.16mg (10.38%), Vitamin B6: 0.18mg (8.88%), Vitamin C: 4.31mg (5.23%), Vitamin B2: 0.07mg (4.19%), Selenium: 2.53µg (3.61%), Vitamin B5: 0.34mg (3.41%), Vitamin B3: 0.37mg (1.84%)