



White Bean Soup



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 46.5 oz beans white rinsed drained canned
- ☐ 3 sprigs thyme leaves fresh
- ☐ 3 cloves garlic finely chopped
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 pork chop smoked
- ☐ 6 servings salt and pepper

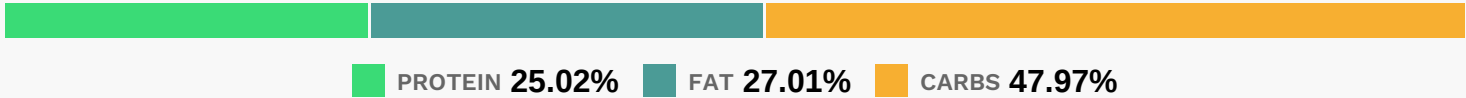
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Warm olive oil in a skillet over medium heat.
- ☐ Add onion and cook, stirring occasionally, until softened, 5 minutes.
- ☐ Add garlic and cook until fragrant, 1 minute more.
- ☐ Scrape onions and garlic into a slow cooker.
- ☐ Add beans, pork chop, broth, 1 cup water and thyme and cook on low heat for 4 to 5 hours, until beans are tender, adding more water during cooking if necessary.
- ☐ Discard thyme sprigs.
- ☐ Remove pork chop and shred meat. Return meat to soup. Season with salt and pepper, and then serve.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:11.57, Inflammation Score:-8, Nutrition Score:17.648261048224%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 404.65kcal (20.23%), Fat: 12.32g (18.95%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 38.38g (13.96%), Sugar: 1.25g (1.39%), Cholesterol: 30.88mg (10.29%), Sodium: 300.07mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.36%), Manganese: 1.18mg (59.04%), Fiber: 10.85g (43.38%), Iron: 7.36mg (40.88%), Folate: 145.3µg (36.32%), Potassium: 1195.29mg (34.15%), Magnesium:

115.18mg (28.8%), Copper: 0.56mg (28.09%), Phosphorus: 229.74mg (22.97%), Calcium: 176.79mg (17.68%), Zinc: 2.59mg (17.24%), Vitamin E: 2.41mg (16.07%), Vitamin B1: 0.22mg (14.64%), Vitamin B6: 0.21mg (10.35%), Vitamin K: 9.25µg (8.81%), Vitamin B3: 1.36mg (6.8%), Vitamin B2: 0.11mg (6.59%), Selenium: 3.79µg (5.41%), Vitamin B5: 0.43mg (4.32%), Vitamin C: 2.13mg (2.58%), Vitamin B12: 0.08µg (1.31%)