



White Bean Soup with Chive Oil

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



212 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 servings cooking oil for drizzling
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 8 garlic clove chopped
- ☐ 2 cups cannellini beans dried white picked over rinsed
- ☐ 0.5 cup half and half

- ☐ 1 cup leek white green chopped (and pale parts only)
- ☐ 11 cups chicken broth homemade canned as needed
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 18 servings pepper black freshly ground
- ☐ 1 large tomatoes halved seeded chopped

Equipment

- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Put the beans in a large pot, add enough water to cover the beans by 2 inches, and let soak overnight.
- ☐ Drain.
- ☐ Heat the olive oil in the same pot over medium-high heat.
- ☐ Add the onion, leeks, tomato, carrots, celery, and garlic and sauté until tender, about 6 minutes.
- ☐ Add the beans, chicken stock, thyme, and rosemary and bring to a boil. Reduce the heat to medium-low, cover, and simmer, stirring occasionally, until the beans are very tender, about 1 hour.
- ☐ Working in batches, puree the soup in a blender until smooth. Return the soup to the pot and add the half-and-half, then add more chicken stock to thin the soup if needed, and reheat the soup if necessary. Season to taste with salt and pepper.
- ☐ Ladle into espresso cups and top each with a few squirts or a drizzle of chive oil.
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Nutrition Facts



 **PROTEIN 9.37%**  **FAT 74.12%**  **CARBS 16.51%**

Properties

Glycemic Index:15.71, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:6.6530434411505%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 212.27kcal (10.61%), Fat: 18.14g (27.91%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.09g (2.58%), Sugar: 1.5g (1.66%), Cholesterol: 2.35mg (0.78%), Sodium: 54.64mg (2.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin E: 2.94mg (19.58%), Vitamin A: 819.79IU (16.4%), Vitamin K: 16.11µg (15.34%), Vitamin B3: 2.27mg (11.35%), Manganese: 0.2mg (9.94%), Phosphorus: 93.28mg (9.33%), Potassium: 283.31mg (8.09%), Fiber: 2g (7.99%), Copper: 0.15mg (7.41%), Folate: 28.56µg (7.14%), Iron: 1.01mg (5.62%), Vitamin C: 4.27mg (5.18%), Vitamin B6: 0.1mg (4.8%), Vitamin B2: 0.08mg (4.76%), Magnesium: 17.24mg (4.31%), Calcium: 39.28mg (3.93%), Vitamin B1: 0.05mg (3.3%), Zinc: 0.42mg (2.78%), Vitamin B12: 0.16µg (2.62%), Selenium: 1.32µg (1.89%), Vitamin B5: 0.13mg (1.26%)