



## White Bean Soup with Fried Sage



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 cup carrots roughly chopped
- ☐ 0.5 cup celery thinly sliced
- ☐ 6 cup chicken broth
- ☐ 0.3 teaspoon ground pepper fresh
- ☐ 1 pound cannelloni beans dried
- ☐ 2 tablespoon olive oil
- ☐ 1 cup onions roughly chopped
- ☐ 1 tablespoon sage leaves whole for frying plus more left chopped

☐ 1.5 teaspoon salt

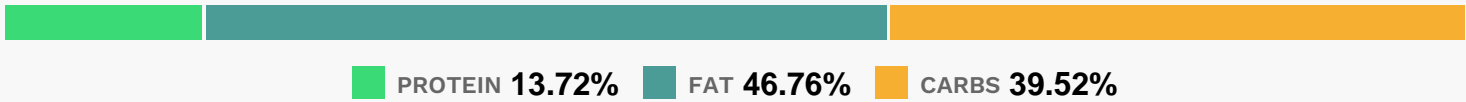
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ stove
- ☐ dutch oven
- ☐ immersion blender

## Directions

- ☐ Heat the olive oil in a small saucepan.
- ☐ Add the garlic, carrots, onions and celery and saut   them, stirring frequently, until the vegetables soften. About 6 minutes. Do not let the vegetables color. Turn the heat off and add the chopped sage leaves.In a large Dutch oven with a lid, combine the beans with enough broth to cover them by about 2 inches, 1    teaspoon salt, pepper and the saut  ed onion mixture. Bring the pot to a low boil on top of the stove. Cover the pot and bake until the beans are cooked, 1 to 1    hours or so. Season to taste with more salt, and pepper. Set aside to cool.Once the beans have cooled puree them with an immersion blender to the desired consistency. You may need to add more stock to achieve the texture you would like.To serve ladle the soup into soup bowls and garnish with a few sage leaves that have been fried in olive oil until crisp but not burned.

## Nutrition Facts



## Properties

Glycemic Index:26.97, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:9.002608563589%

## Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin:

1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 99.29kcal (4.96%), Fat: 5.39g (8.29%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.2g (2.98%), Sugar: 2.76g (3.07%), Cholesterol: 4.7mg (1.57%), Sodium: 1473.04mg (64.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin A: 1825.45IU (36.51%), Copper: 0.71mg (35.71%), Vitamin C: 18.74mg (22.71%), Folate: 85.74µg (21.43%), Manganese: 0.2mg (9.92%), Vitamin B2: 0.16mg (9.25%), Potassium: 297.38mg (8.5%), Fiber: 2.06g (8.22%), Magnesium: 28.13mg (7.03%), Vitamin K: 6.93µg (6.6%), Iron: 1.16mg (6.46%), Calcium: 58.53mg (5.85%), Vitamin E: 0.87mg (5.77%), Phosphorus: 51.82mg (5.18%), Vitamin B1: 0.07mg (4.74%), Zinc: 0.56mg (3.7%), Vitamin B3: 0.68mg (3.39%), Vitamin B6: 0.05mg (2.66%), Selenium: 1.12µg (1.6%), Vitamin B5: 0.1mg (1.05%)