



HEALTH SCORE

100%

White Bean Soup with Kale and Chorizo



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 30 ounce .5 can cannellini beans organic rinsed drained canned
- ☐ 2 ounces chorizo sausage spanish finely chopped
- ☐ 3 garlic cloves minced
- ☐ 4 cups prechopped kale
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 1 cup prechopped onion

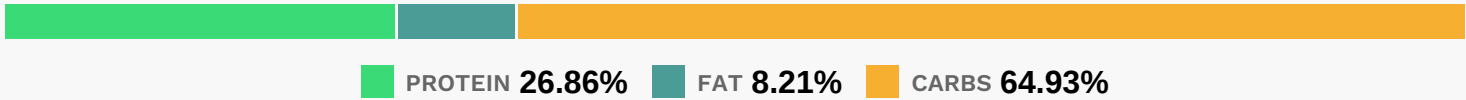
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add chorizo to pan; saut 1 minute.
- ☐ Add onion and garlic to pan; saut 5 minutes or until tender.
- ☐ While onions cook, pour broth into a microwave-safe bowl; microwave at HIGH for 3 minutes.
- ☐ Add hot broth and beans to pan; bring to a boil. Partially mash beans with potato masher. Stir in kale and 1/2 teaspoon pepper; cook over medium heat 6 minutes.
- ☐ Sprinkle with cracked pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:11.9, Inflammation Score:-10, Nutrition Score:25.159565096316%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg Kaempferol: 10.09mg, Kaempferol: 10.09mg, Kaempferol: 10.09mg, Kaempferol: 10.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg

Nutrients (% of daily need)

Calories: 303.83kcal (15.19%), Fat: 2.85g (4.38%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 38.79g (14.1%), Sugar: 2.5g (2.78%), Cholesterol: 10mg (3.33%), Sodium: 353.93mg (15.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.95g (41.9%), Vitamin K: 88.67µg (84.45%), Manganese: 1.35mg (67.72%), Fiber: 11.86g (47.43%), Vitamin A: 2171.7IU (43.43%), Potassium: 1469.13mg (41.98%), Folate: 158.93µg (39.73%), Iron: 6.99mg (38.86%), Vitamin C: 25.85mg (31.33%), Magnesium: 120.36mg (30.09%), Copper: 0.53mg (26.5%), Calcium: 225.79mg (22.58%), Phosphorus: 220.47mg (22.05%), Zinc: 2.56mg (17.07%), Vitamin B1:

0.25mg (16.73%), Vitamin B6: 0.27mg (13.35%), Vitamin E: 1.83mg (12.2%), Vitamin B2: 0.17mg (9.72%), Selenium:
4.12µg (5.89%), Vitamin B5: 0.48mg (4.79%), Vitamin B3: 0.55mg (2.77%)