



White Bean Soup with Quinoa, Spinach, and Shiitakes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



100 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons rosemary dried
- ☐ 1 large onion sliced into thin rings
- ☐ 0.5 cup quinoa
- ☐ 6 servings salt and pepper to taste
- ☐ 8 mushroom caps stemmed sliced
- ☐ 10 ounce pkt spinach fresh washed chopped

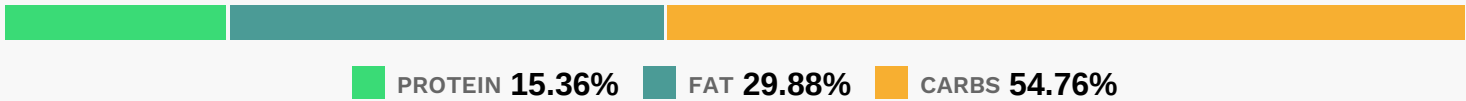
Equipment

☐ pot

Directions

- ☐ Place the cannellini beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour.
- ☐ Drain and rinse the beans before using.
- ☐ Heat 1 tablespoon of the canola oil in a large pot over medium heat. Stir in the mushrooms, and cook until they soften and begin to give up their juices, about 4 minutes.
- ☐ Remove the mushrooms from the pot, and set aside.
- ☐ Heat the remaining tablespoon of canola oil in the pot, and stir in the sliced onions. Cook and stir until the onions have caramelized to a dark brown, about 15 minutes.
- ☐ Pour in the wine and rosemary, and bring to a boil over high heat. Once boiling, add the drained beans, and enough water to cover the beans by 1 inch. Return to a boil, then reduce heat to medium-low, cover, and simmer for 30 minutes.
- ☐ Stir in the cooked mushrooms and quinoa; continue cooking until the beans and the quinoa are tender, about 20 minutes more.
- ☐ Remove from the heat, and stir in the spinach leaves until wilted. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:18.309999963512%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 100.08kcal (5%), Fat: 3.5g (5.38%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 11.49g (4.18%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 234.52mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Vitamin K: 229.98µg (219.03%), Vitamin A: 4434.08IU (88.68%), Manganese: 0.79mg (39.41%), Folate: 125.01µg (31.25%), Vitamin C: 15.15mg (18.36%), Magnesium: 71.55mg (17.89%), Potassium: 437.01mg (12.49%), Vitamin B6: 0.25mg (12.32%), Fiber: 2.94g (11.75%), Phosphorus: 116.07mg (11.61%), Iron: 2.07mg (11.49%), Vitamin E: 1.72mg (11.45%), Vitamin B2: 0.18mg (10.69%), Copper: 0.18mg (9.08%), Vitamin B1: 0.1mg (6.82%), Vitamin B3: 1.31mg (6.55%), Zinc: 0.93mg (6.17%), Calcium: 60.1mg (6.01%), Vitamin B5: 0.45mg (4.51%), Selenium: 2.87µg (4.1%)