



White-Bean Zucchini Soup

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz bacon coarsely chopped
- ☐ 6 servings bell pepper black
- ☐ 57 oz .5 can cannellini beans drained and rinsed canned
- ☐ 0.5 cup chives or fresh chopped
- ☐ 1 quart chicken broth reduced-sodium
- ☐ 1 large onion chopped
- ☐ 2 scallion greens thinly sliced for garnish
- ☐ 1 cup whole-milk yogurt plain for serving

☐ 2 small zucchini diced

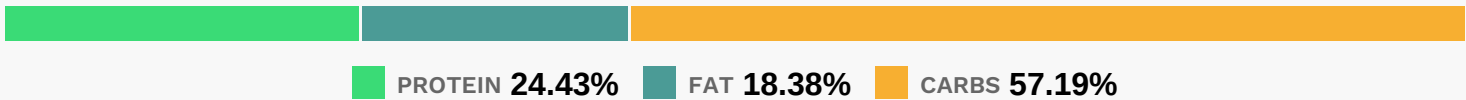
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher
- ☐ slotted spoon

Directions

- ☐ In a large saucepan, cook bacon over medium heat, stirring often, until crisp, about 5 minutes.
- ☐ Transfer with a slotted spoon to a small plate.
- ☐ Add zucchini to pan and cook, stirring occasionally, until lightly browned, about 2 minutes.
- ☐ Transfer, using a slotted spoon, to plate with bacon.
- ☐ Add onion to rendered fat in saucepan. Cook, stirring, about 4 minutes, until golden and softened. Stir in beans and broth and bring to a boil over medium-high heat, stirring occasionally. Reduce heat and simmer soup for 15 minutes.
- ☐ Coarsely mash beans with a potato masher to thicken soup slightly (do not overmash). Stir in reserved cooked bacon and zucchini and simmer for 2 minutes to blend flavors. Stir in chives and season with pepper. Spoon soup into bowls and serve with dollops of yogurt.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:14.43, Inflammation Score:-8, Nutrition Score:27.238696139792%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 453.16kcal (22.66%), Fat: 9.49g (14.6%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 66.43g (22.14%), Net Carbohydrates: 52.47g (19.08%), Sugar: 6.32g (7.02%), Cholesterol: 13.29mg (4.43%), Sodium: 222.25mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.75%), Manganese: 1.52mg (76.23%), Fiber: 13.96g (55.83%), Folate: 200.23µg (50.06%), Iron: 8.82mg (48.99%), Potassium: 1661.3mg (47.47%), Phosphorus: 409.49mg (40.95%), Magnesium: 160.91mg (40.23%), Copper: 0.76mg (37.99%), Calcium: 303.55mg (30.35%), Zinc: 4mg (26.65%), Vitamin B1: 0.36mg (24.29%), Vitamin K: 25.23µg (24.03%), Vitamin B6: 0.39mg (19.56%), Vitamin B2: 0.31mg (18.16%), Vitamin B3: 3.53mg (17.63%), Vitamin E: 2.29mg (15.27%), Vitamin C: 11.95mg (14.48%), Selenium: 9.84µg (14.06%), Vitamin B5: 0.99mg (9.91%), Vitamin B12: 0.5µg (8.36%), Vitamin A: 274.54IU (5.49%)