



HEALTH SCORE

100%

Winter Squash-and-White Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



231 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups butternut squash cubed peeled ()
- ☐ 31 ounce cannellini beans beans white drained canned
- ☐ 0.8 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves minced

- ☐ 2 cups cabbage green chopped
- ☐ 2 cups leek chopped (3 leeks)
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 14.5 ounce vegetable stock divided canned
- ☐ 5 cups water
- ☐ 2 teaspoons or dried fresh chopped

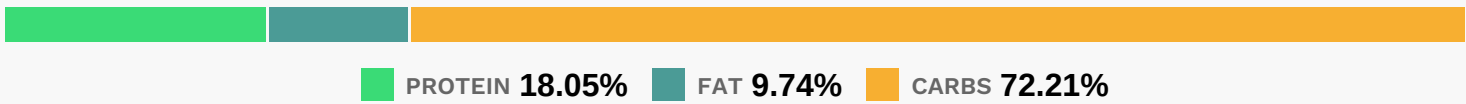
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat the olive oil in Dutch oven over medium heat until hot.
- ☐ Add squash and next 6 ingredients (squash through 1 garlic clove); saut 10 minutes. Stir in 1 cup Vegetable Stock, scraping pan to loosen browned bits.
- ☐ Add 3/4 cup stock and water; bring to a boil. Partially cover, reduce heat, and simmer 30 minutes or until vegetables are tender. Stir in cabbage, and simmer, partially covered, for 12 minutes. Stir in pepper and beans; cook 1 minute or until thoroughly heated. Spoon soup into bowls.
- ☐ Combine parsley and 3 garlic cloves; sprinkle over each serving.
- ☐ Note: If you decide to use canned vegetable broth instead of Vegetable Stock, omit the added salt.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:8.7, Inflammation Score:-10, Nutrition Score:25.918695470561%

Flavonoids

Apigenin: 9.46mg, Apigenin: 9.46mg, Apigenin: 9.46mg, Apigenin: 9.46mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 231.25kcal (11.56%), Fat: 2.63g (4.05%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 34.63g (12.59%), Sugar: 5.06g (5.62%), Cholesterol: 0mg (0%), Sodium: 362.54mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.95%), Vitamin A: 11759.33IU (235.19%), Vitamin K: 107.72µg (102.59%), Manganese: 1.04mg (51.76%), Vitamin C: 34.45mg (41.76%), Fiber: 9.29g (37.16%), Folate: 139.94µg (34.98%), Iron: 5.32mg (29.55%), Potassium: 1025.91mg (29.31%), Magnesium: 107.7mg (26.92%), Copper: 0.43mg (21.58%), Vitamin E: 2.84mg (18.95%), Vitamin B6: 0.35mg (17.59%), Calcium: 175.41mg (17.54%), Phosphorus: 166.53mg (16.65%), Vitamin B1: 0.25mg (16.4%), Zinc: 1.72mg (11.47%), Vitamin B3: 1.48mg (7.39%), Vitamin B5: 0.71mg (7.14%), Vitamin B2: 0.1mg (5.67%), Selenium: 3.02µg (4.31%)