

Tuscan Bean Soup

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1 cup carrots, chopped
1/3 cup onion, chopped
1 tablespoon olive oil
4 cups vegetable broth
2 cans (15 ounce ea) cannellini beans
2 teaspoons Italian seasoning
1 package (5 ounce) spinach
1 tablespoon vegetable oil

In a saucepan, cook the carrots and onion in olive oil for 3 minutes.

Add the vegetable broth, cannellini beans and Italian seasoning. Bring to a boil. Slightly mash the beans. Simmer for 8 minutes.

In a saucepan, cook the spinach in vegetable oil for 2 minutes. Add to the soup.

Serve.

Per Serving (excluding unknown items): 2322 Calories; 46g Fat (17.6% calories from fat); 121g Protein; 369g Carbohydrate; 80g Dietary Fiber; 10mg Cholesterol; 6640mg Sodium. Exchanges: 23 Grain(Starch); 6 Lean Meat; 3 1/2 Vegetable; 9 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	2322
% Calories from Fat:	17.6%
% Calories from Carbohydrates:	62.0%
% Calories from Protein:	20.4%
Total Fat (g):	46g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	23g
Polyunsaturated Fat (g):	12g
Cholesterol (mg):	10mg
Carbohydrate (g):	369g
Dietary Fiber (g):	80g
Protein (g):	121g

Vitamin B6 (mg):	2.0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	2.3mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	1737mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	23
Lean Meat:	6

Sodium (mg): 6640mg
Potassium (mg): 9462mg
Calcium (mg): 1182mg
Iron (mg): 52mg
Zinc (mg): 22mg
Vitamin C (mg): 42mg
Vitamin A (i.u.): 54977IU
Vitamin A (r.e.): 5499 1/2RE

Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 9 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2322 **Calories from Fat:** 408

% Daily Values*

Total Fat	46g	71%
Saturated Fat	8g	39%
Cholesterol	10mg	3%
Sodium	6640mg	277%
Total Carbohydrates	369g	123%
Dietary Fiber	80g	321%
Protein	121g	
Vitamin A		1100%
Vitamin C		71%
Calcium		118%
Iron		286%

* Percent Daily Values are based on a 2000 calorie diet.