

White Bean and Escarole Soup

Dash Magazine
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Servings: 4

1/4 cup olive oil
3 cloves garlic, chopped
1 tablespoon fresh sage, chopped
2 cans (14 ounce) cannellini beans, undrained and divided
2 cups water
4 cups escarole, chopped
salt (to taste)
pepper (to taste)
8 slices baguette
Parmesan cheese, grated
olive oil

In a large pot over medium-low heat, heat the olive oil. Add the garlic and sage. Cook, stirring occasionally, until the garlic is softened, about 2 minutes.

Add one can of the cannellini beans and water. Bring to a boil. Remove from the heat. Place the mixture in a blender. Puree the mixture. Return to the pot.

Add the remaining cannellini beans and escarole. Simmer over medium heat, partially covered, until the escarole is wilted, about 10 minutes. Season with salt and pepper.

Preheat the broiler.

Arrange the baguette slices on a baking sheet. Broil until golden, about 1 minute. Flip the slices. Sprinkle with Parmesan and drizzle with olive oil.

Broil until the cheese is melted, about 1 to 2 minutes more.

Serve the soup with the cheese toasts.

Per Serving (excluding unknown items): 2955 Calories; 42g Fat (12.8% calories from fat); 105g Protein; 534g Carbohydrate; 44g Dietary Fiber; 0mg Cholesterol; 5556mg Sodium. Exchanges: 35 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 8 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-----------|-----------------------------|--------|
| Calories (kcal): | 2955 | Vitamin B6 (mg): | .7mg |
| % Calories from Fat: | 12.8% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 72.9% | Thiamin B1 (mg): | 5.2mg |
| % Calories from Protein: | 14.3% | Riboflavin B2 (mg): | 3.2mg |
| Total Fat (g): | 42g | Folacin (mcg): | 744mcg |
| Saturated Fat (g): | 8g | Niacin (mg): | 44mg |
| Monounsaturated Fat (g): | 21g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 8g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refused: | n n% |
| Carbohydrate (g): | 534g | Food Exchanges | |
| Dietary Fiber (g): | 44g | Grain (Starch): | 35 |
| Protein (g): | 105g | Lean Meat: | 1 1/2 |
| Sodium (mg): | 5556mg | Vegetable: | 1/2 |
| Potassium (mg): | 3005mg | Fruit: | 0 |
| Calcium (mg): | 957mg | Non-Fat Milk: | 0 |
| Iron (mg): | 34mg | Fat: | 8 |
| Zinc (mg): | 12mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 4mg | | |
| Vitamin A (i.u.): | 1036IU | | |
| Vitamin A (r.e.): | 103 1/2RE | | |

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 2955 **Calories from Fat:** 378

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 42g | 64% |
| Saturated Fat | 8g | 39% |
| Cholesterol | 0mg | 0% |
| Sodium | 5556mg | 231% |
| Total Carbohydrates | 534g | 178% |
| Dietary Fiber | 44g | 175% |
| Protein | 105g | |
| Vitamin A | | 21% |
| Vitamin C | | 6% |
| Calcium | | 96% |
| Iron | | 189% |

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