



WESTERN WISCONSIN HEALTH

EASY TUSCAN BEAN SOUP **(GLUTEN FREE)**

- 2 lbs. chicken breast (no skin or bones), cooked and chopped
- 29 oz. cannellini beans (or 2 cans, rinsed and drained)
- 3 to 4 C. low-sodium chicken broth
- 2 to 3 tsp. Italian seasoning
- Freshly ground pepper and salt to taste
- 1 C. baby carrots, finely chopped (or use shredded)
- 1 small onion, chopped
- 1 C. celery, finely chopped
- 1 T. butter
- 1 T. olive oil

Nutrition Facts

Serving Size (297g)
Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 130mg **5%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 27g

Vitamin A 40% • Vitamin C 4%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

In a large pot, sauté carrots, celery and onions in butter and olive oil. When softened, add all the other ingredients. Bring to a boil and simmer for 25 minutes.

NUTRITION FACTS: Serving size: 1 1/2 cups per serving, 10 servings