



3-Bean Ravioli Minestrone

READY IN



45 min.

SERVINGS



14

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 oz tomatoes diced canned
- ☐ 16 oz garbanzo beans rinsed drained canned
- ☐ 2 carrots chopped
- ☐ 2 rib celery stalks sliced
- ☐ 7 oz cheese ravioli mini
- ☐ 42 oz chicken broth canned
- ☐ 9 oz baby lima beans frozen thawed
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons seasoning italian

- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 14 servings parmesan shredded
- ☐ 1 teaspoon pepper
- ☐ 16 oz kidney beans light red rinsed drained canned
- ☐ 0.5 teaspoon salt

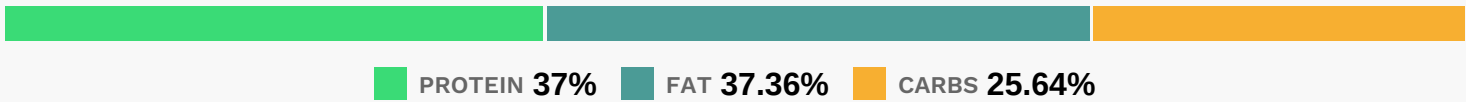
Equipment

- ☐ pot

Directions

- ☐ Combine first 13 ingredients in a large stockpot. Cover and simmer 30 minutes.
- ☐ Add ravioli and cook 10 minutes or until tender.
- ☐ Serve with shredded fresh Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:22.18, Glycemic Load:5.63, Inflammation Score:-9, Nutrition Score:19.861304402351%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 443.17kcal (22.16%), Fat: 18.31g (28.17%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 21.81g (7.93%), Sugar: 2.79g (3.1%), Cholesterol: 70.58mg (23.53%), Sodium: 1251.85mg (54.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.8g (81.6%), Phosphorus: 447.03mg (44.7%), Calcium: 425.71mg (42.57%), Vitamin A: 1955.13IU (39.1%), Selenium: 24.01µg (34.3%), Manganese: 0.66mg (33.07%), Iron: 5.33mg (29.61%), Fiber: 6.46g (25.82%), Vitamin B6: 0.51mg (25.28%), Zinc: 3.77mg (25.12%),

Vitamin B12: 1.21µg (20.17%), Magnesium: 71.23mg (17.81%), Folate: 67.74µg (16.93%), Potassium: 574.7mg (16.42%),
Vitamin B2: 0.26mg (15.52%), Vitamin B3: 3.07mg (15.35%), Copper: 0.26mg (12.8%), Vitamin C: 8.64mg (10.47%),
Vitamin K: 10.73µg (10.22%), Vitamin B1: 0.13mg (8.8%), Vitamin E: 1mg (6.7%), Vitamin B5: 0.45mg (4.48%), Vitamin
D: 0.23µg (1.57%)