



30-Minute Minestrone

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup baby peas frozen thawed
- 0.5 pound baby zucchini cut into 1/2-inch rounds
- 2 tablespoons basil chopped
- 1 cup beans white canned drained
- 3 large garlic cloves minced
- 1 cup tomatoes italian canned drained coarsely chopped
- 1 leek white green halved lengthwise sliced
- 2 tablespoons olive oil extra-virgin

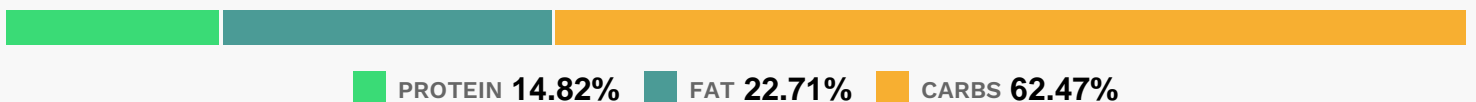
- 6 servings salt and pepper freshly ground
- 6 mushroom caps stemmed cut into 1/2-inch pieces
- 0.3 pound tubetti pasta
- 6 cups vegetable stock
- 0.5 pound turtle beans cut into 1-inch pieces

Equipment

Directions

- Heat 1 tablespoon of the olive oil in a large casserole.
- Add the mushrooms, garlic and leek and cook over moderate heat, stirring, until barely softened.
- Add the stock and tomatoes, season with salt and pepper and bring to a boil.
- Add the pasta and cook until barely softened, about 4 minutes.
- Add the wax beans, zucchini and white beans, cover partially and cook until tender. Stir in the peas and basil.
- Drizzle with the remaining 1 tablespoon of olive oil and serve.
- Notes: One Serving 249 calories, 1 gm total fat, 8 gm saturated fat, 41 gm carb.

Nutrition Facts



Properties

Glycemic Index:57.72, Glycemic Load:5.17, Inflammation Score:-8, Nutrition Score:14.16260875308%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 211.76kcal (10.59%), Fat: 5.52g (8.49%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 29.31g (10.66%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 1146.99mg (49.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.21%), Vitamin C: 33.43mg (40.52%), Manganese: 0.63mg (31.62%), Vitamin A: 1389.24IU (27.78%), Folate: 93.73µg (23.43%), Selenium: 13.91µg (19.88%), Fiber: 4.84g (19.36%), Vitamin K: 19.57µg (18.64%), Potassium: 630.35mg (18.01%), Magnesium: 64mg (16%), Phosphorus: 158.44mg (15.84%), Iron: 2.58mg (14.33%), Copper: 0.28mg (13.82%), Vitamin B6: 0.25mg (12.5%), Zinc: 1.47mg (9.78%), Vitamin E: 1.3mg (8.67%), Vitamin B3: 1.73mg (8.63%), Vitamin B1: 0.12mg (8.17%), Calcium: 70.75mg (7.08%), Vitamin B2: 0.1mg (5.67%), Vitamin B5: 0.56mg (5.64%)