



5:2 Diet - Minestrone Soup

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 800 g tins cannellini beans canned
- ☐ 8 medium carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 2 medium courgettes chopped (zucchini)
- ☐ 2 fat cloves garlic crushed
- ☐ 1 onion finely chopped
- ☐ 1 handful a parsley fresh generous chopped
- ☐ 150 g lubella strand pasta (or other)

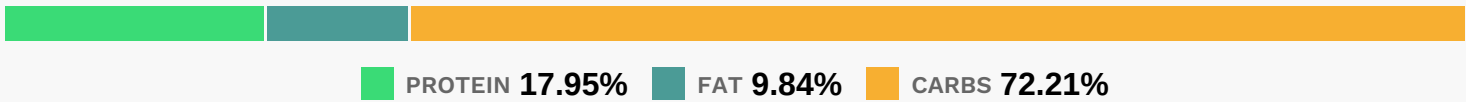
- ☐ 1 tbsp rapeseed oil cold pressed
- ☐ 10 servings grinding of salt & pepper good freshly ground
- ☐ 100 g pkt spinach chopped
- ☐ 2 tbsp tomato purée
- ☐ 1200 g tins tomatoes chopped canned
- ☐ 5 pints/10 cups vegetable stock

Equipment

Directions

- ☐ Saute the onion in garlic in the rapeseed oil until soft and translucent. Then add the celery, courgette and carrots and cook gently for a few minutes.
- ☐ Add the tomatoes, tomato puree, beans, spinach and vegetable stock.
- ☐ Mix well and bring to the boil, then reduce the heat, cover and leave it to simmer gently for 15 minutes.
- ☐ Add the pasta and cook for another 15 minutes. Season and add the fresh herbs.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:33.98, Glycemic Load:7.77, Inflammation Score:-10, Nutrition Score:19.006521888401%

Flavonoids

Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 184kcal (9.2%), Fat: 2.19g (3.36%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 27.96g (10.17%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 427.46mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin A: 10255.5IU (205.11%), Vitamin K: 75.99µg (72.37%), Vitamin C: 31.27mg (37.9%), Fiber: 8.13g (32.53%), Manganese: 0.54mg (27.11%), Potassium: 687.69mg (19.65%), Iron: 2.94mg (16.35%), Folate: 64.73µg (16.18%), Vitamin B6: 0.3mg (14.95%), Selenium: 9.9µg (14.15%), Magnesium: 45.03mg (11.26%), Vitamin E: 1.57mg (10.48%), Calcium: 103.49mg (10.35%), Phosphorus: 101.57mg (10.16%), Copper: 0.19mg (9.44%), Vitamin B3: 1.79mg (8.96%), Vitamin B1: 0.12mg (8.31%), Vitamin B2: 0.13mg (7.47%), Zinc: 0.76mg (5.09%), Vitamin B5: 0.44mg (4.44%)