



Bean, Pasta and Roasted Pepper Soup

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 14.5 ounce canned tomatoes diced canned
- 2 large carrots diced
- 2 stalks celery diced
- 49.5 fluid ounce chicken broth swanson® canned (regular or Natural)
- 0.5 cup ditalini pasta uncooked
- 1 tablespoon parsley fresh chopped
- 3 cloves garlic minced

- 1 tablespoon olive oil
- 1 large onion chopped
- 1 tablespoon red wine vinegar
- 0.5 cup roasted pepper strips sweet red

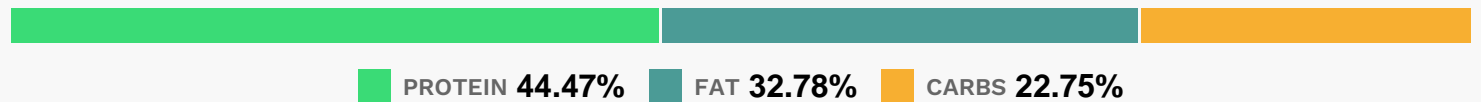
Equipment

- pot

Directions

- Heat oil in saucepot.
- Add carrots, celery, onion, parsley and garlic and cook until tender.
- Add broth, beans, tomatoes and pasta.
- Heat to a boil. Cover and cook 15 minutes or until pasta is done.
- Add peppers and vinegar.
- Heat through.

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:23.579999954804%

Flavonoids

Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 478.64kcal (23.93%), Fat: 17.14g (26.37%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 20.58g (7.48%), Sugar: 4.73g (5.26%), Cholesterol: 91.48mg (30.49%), Sodium: 1176.66mg (51.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.33g (104.66%), Vitamin A: 3822.6IU (76.45%),

Selenium: 41.62µg (59.46%), Phosphorus: 392.35mg (39.24%), Zinc: 5.28mg (35.19%), Vitamin B12: 1.83µg (30.49%), Vitamin B3: 5.86mg (29.32%), Vitamin B6: 0.57mg (28.25%), Vitamin C: 21.87mg (26.51%), Fiber: 6.2g (24.79%), Iron: 4.41mg (24.53%), Potassium: 756.28mg (21.61%), Vitamin K: 22.05µg (21%), Manganese: 0.41mg (20.26%), Magnesium: 76.07mg (19.02%), Vitamin B2: 0.31mg (18.27%), Copper: 0.34mg (17.14%), Folate: 60.31µg (15.08%), Vitamin E: 1.79mg (11.95%), Vitamin B1: 0.15mg (10.18%), Calcium: 81.66mg (8.17%), Vitamin B5: 0.42mg (4.21%), Vitamin D: 0.18µg (1.22%)