



Best Minestrone Soup Recipe

 Very Healthy

READY IN



100 min.

SERVINGS



6

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Leaf bay leaves crushed
- 1 tablespoon pepper black
- 1 teaspoon celery seed
- 5 Tablespoons olive oil extra virgin
- 2 tablespoons garlic crushed
- 1.5 cup kale
- 1 teaspoon oregano
- 6 servings parmesan grated

- 6 servings salt to taste
- 4 tomatoes fresh italian chopped
- 1 cup cannellini beans dried white
- 1 onion white
- 2 potatoes white cut
- 1 cup ziti
- 1 zucchini

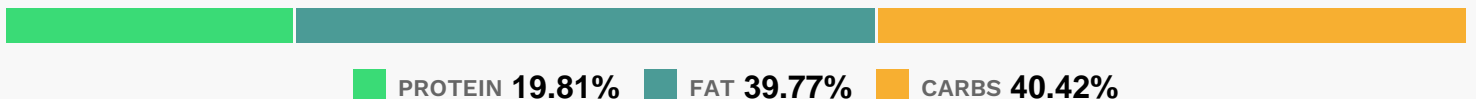
Equipment

- bowl
- pot

Directions

- Soak 16 oz. White Kidney Beans In water over night.In a 5 quart stock Pot add 5 tablespoons Olive oil
- To the oil add 1 Bay leaf1 Teaspoon Celery Seed
- Add 1 White Onion
- Cut up
- Add 4 Fresh Tomatoes cut up1 7 oz. can tomato paste
- Add 16 oz. Beef stock and bring to a boil add the Kidney Beans
- Bring mixture to boil for 1 hour
- Add the cut White Potato , oregano, and garlic.cook for 20 minutes and add the zucchini squash, 1 cup of Ziti, kale, and salt to taste pour in bowl and add Parmesan Cheese.

Nutrition Facts



Properties

Glycemic Index:55.29, Glycemic Load:12.21, Inflammation Score:-10, Nutrition Score:26.473043462505%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg Kaempferol: 4.25mg, Kaempferol: 4.25mg, Kaempferol: 4.25mg, Kaempferol: 4.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 451.79kcal (22.59%), Fat: 20.41g (31.41%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 37.66g (13.69%), Sugar: 5.5g (6.11%), Cholesterol: 20.4mg (6.8%), Sodium: 695.51mg (30.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.75%), Manganese: 1.21mg (60.72%), Calcium: 496.72mg (49.67%), Vitamin C: 35.41mg (42.92%), Folate: 171.57µg (42.89%), Phosphorus: 409.03mg (40.9%), Vitamin K: 42.69µg (40.66%), Fiber: 9.02g (36.06%), Potassium: 1250.51mg (35.73%), Vitamin A: 1521.25IU (30.43%), Magnesium: 118.73mg (29.68%), Iron: 5.29mg (29.37%), Copper: 0.53mg (26.74%), Selenium: 18.24µg (26.05%), Vitamin B6: 0.51mg (25.35%), Vitamin B1: 0.28mg (18.71%), Zinc: 2.74mg (18.25%), Vitamin E: 2.43mg (16.2%), Vitamin B2: 0.25mg (14.7%), Vitamin B3: 1.78mg (8.92%), Vitamin B5: 0.79mg (7.93%), Vitamin B12: 0.36µg (6%)