



## Black Bean Minestrone Soup

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 45 oz black beans rinsed drained canned
- 28 oz canned tomatoes diced undrained canned
- 1 carrots peeled chopped
- 28 oz chicken broth fat-free reduced-sodium canned
- 0.5 tsp ground pepper red (cayenne)
- 6 oz oscar mayer baked ham cooked chopped
- 7.3 oz macaroni & cheese dinner kraft
- 1 each: onion chopped

2 cups spinach leaves fresh

1 cup water

## Equipment

dutch oven

## Directions

Combine beans, broth, tomatoes, onions, zucchini, celery, carrots, ham and red pepper in Dutch oven or stockpot. Bring to boil on medium-high heat. Reduce heat to low; cover. Simmer 10 min. or until vegetables are crisp-tender.

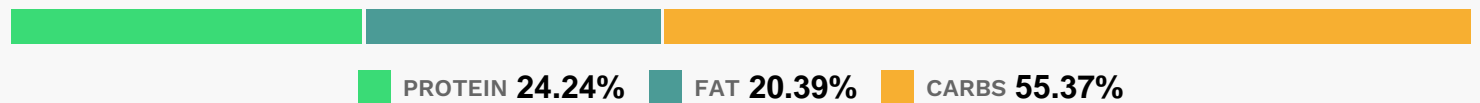
Add water and Macaroni; stir. Cook 7 to 8 min. or until Macaroni is tender.

Stir in Cheese Sauce

Mix and spinach; cook 2 min. or until spinach is wilted, stirring occasionally.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:6.89, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:5.6452174290367%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 82.32kcal (4.12%), Fat: 1.9g (2.93%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 8.31g (3.02%), Sugar: 0.78g (0.87%), Cholesterol: 3.52mg (1.17%), Sodium: 432.62mg (18.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Fiber: 3.31g (13.24%), Vitamin A: 572.97IU (11.46%), Vitamin K: 10.76µg (10.25%), Phosphorus: 94.6mg (9.46%), Manganese: 0.18mg (8.85%), Folate: 32.84µg (8.21%), Iron: 1.36mg (7.53%), Vitamin B1: 0.11mg (7.36%), Potassium: 236.99mg (6.77%), Magnesium: 23.43mg (5.86%), Copper: 0.11mg (5.73%), Vitamin C: 4.32mg (5.23%), Vitamin B2: 0.09mg (5.23%), Vitamin B3: 0.89mg (4.45%), Vitamin B6: 0.09mg (4.28%), Calcium: 37.46mg (3.75%), Selenium: 2.47µg (3.53%), Zinc: 0.51mg (3.4%),

Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.09µg (1.49%)