



HEALTH SCORE

52%

BUSH'S® Red, White and Bean Minestrone

READY IN



398 min.

SERVINGS



9

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach
- ☐ 16 ounce canned tomatoes canned chopped
- ☐ 15.5 ounce bush's® cannellini beans with liquid canned
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 5 cups chicken stock see
- ☐ 1.5 cups bowtie pasta cooked
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 tablespoons garlic minced

- ☐ 0.3 cup turkey sausage italian
- ☐ 16 ounce bush's® kidney beans red drained canned
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 2 tablespoons pre-packaged pesto
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups zucchini cut into 1/2-inch pieces

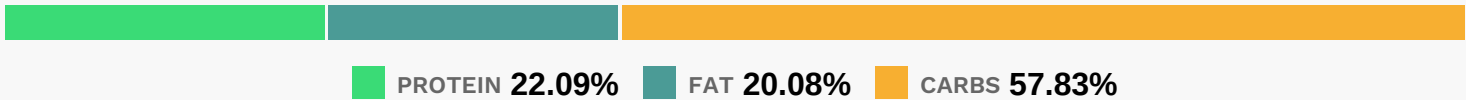
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat olive oil over medium heat in a medium sauté pan.
- ☐ Add sausage; brown well.
- ☐ Add tomato paste, cook 5 minutes until brown.
- ☐ Add onions, celery, garlic, carrots and oregano. Cook until garlic is aromatic, approximately 5 minutes.
- ☐ Pour into a 4-quart slow cooker.
- ☐ Add tomatoes and chicken stock.
- ☐ Cook on low setting for 6 to 7 hours or until the vegetables are tender.
- ☐ Stir in beans, zucchini, spinach and cooked pasta. Cook on high setting for 8 minutes or until beans and pasta are warmed through and spinach has wilted.
- ☐ Pour the soup into a bowl. Top with a little pesto and fresh grated parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:7.27, Inflammation Score:-10, Nutrition Score:19.618260602912%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 259.01kcal (12.95%), Fat: 6.05g (9.3%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 30.16g (10.97%), Sugar: 7.65g (8.5%), Cholesterol: 8.72mg (2.91%), Sodium: 530.39mg (23.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.94%), Vitamin A: 3363.75IU (67.27%), Vitamin K: 48.57µg (46.25%), Fiber: 9.03g (36.11%), Manganese: 0.61mg (30.41%), Folate: 111.2µg (27.8%), Iron: 4.96mg (27.55%), Vitamin C: 18.15mg (22%), Potassium: 769.08mg (21.97%), Vitamin B6: 0.39mg (19.55%), Vitamin B3: 3.83mg (19.13%), Copper: 0.37mg (18.57%), Phosphorus: 185.42mg (18.54%), Selenium: 10.94µg (15.63%), Magnesium: 60.7mg (15.17%), Vitamin B2: 0.25mg (14.94%), Vitamin B1: 0.22mg (14.47%), Calcium: 114.65mg (11.47%), Vitamin E: 1.42mg (9.44%), Zinc: 1.39mg (9.26%), Vitamin B5: 0.49mg (4.93%)