



Cannellini Minestrone

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4.5 ounce chiles green chopped canned
- 14.5 ounce canned tomatoes diced drained canned
- 0.5 cup celery finely chopped
- 0.5 teaspoon pepper red crushed
- 2 cups .5 can cannellini beans dried
- 1 ounce porcini mushrooms dried
- 1 tablespoon basil fresh finely chopped

- 2 tablespoons flat-leaf parsley fresh finely chopped
- 1 garlic clove minced
- 1 tablespoon olive oil
- 4 teaspoons olive oil
- 1 cup onion finely chopped
- 1 teaspoon salt
- 1 pound torn swiss chard
- 8 cups water

Equipment

- food processor
- bowl
- frying pan
- ladle
- blender
- dutch oven

Directions

- Sort and wash beans; place in a large bowl. Cover with water to 2 inches above beans; cover and let stand for 8 hours or overnight.
- Drain and rinse beans.
- Combine beans and 8 cups water in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beans are tender.
- Combine mushrooms and boiling water to cover in a small bowl. Cover and let stand 30 minutes or until tender.
- Drain and chop.
- Place 2 cups cooked beans in a blender or food processor. Process until smooth; return pureed beans to pan. Stir in salt and pepper.
- Heat 1 tablespoon oil in a large nonstick skillet over medium heat.

- Add onion, celery, and garlic; cook 10 minutes or until vegetables are tender. Stir in mushrooms, parsley, and the next 4 ingredients (through chiles); cook for 3 minutes, stirring frequently.
- Add onion mixture and chard to beans in pan; bring to a boil. Reduce heat, and simmer 10 minutes or until chard is tender. Ladle soup into individual bowls; drizzle with oil.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:30.89739148254%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 252.66kcal (12.63%), Fat: 4.58g (7.04%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 42.04g (14.01%), Net Carbohydrates: 31.26g (11.37%), Sugar: 4.98g (5.54%), Cholesterol: 0mg (0%), Sodium: 571.57mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.92%), Vitamin K: 497.97µg (474.25%), Vitamin A: 3761.72IU (75.23%), Manganese: 1.3mg (65.01%), Folate: 232.76µg (58.19%), Copper: 0.93mg (46.44%), Fiber: 10.78g (43.1%), Iron: 7.41mg (41.18%), Magnesium: 163.53mg (40.88%), Potassium: 1400.64mg (40.02%), Vitamin C: 30.48mg (36.95%), Phosphorus: 215.74mg (21.57%), Vitamin B1: 0.31mg (20.45%), Vitamin B6: 0.38mg (19.22%), Calcium: 191.21mg (19.12%), Zinc: 2.57mg (17.14%), Vitamin E: 2.44mg (16.26%), Vitamin B5: 1.45mg (14.47%), Selenium: 9.17µg (13.1%), Vitamin B2: 0.21mg (12.53%), Vitamin B3: 1.77mg (8.86%)