



Chickpea and Sausage Minestrone

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15 ounce canned tomatoes diced undrained canned
- 1 cup carrots diced
- 0.5 cup celery diced
- 4 cups chicken stock see unsalted (such as Swanson)
- 15 ounce chickpeas unsalted rinsed drained canned
- 0.3 teaspoon pepper red crushed
- 2 tablespoons flat-leaf parsley fresh chopped

- 2 teaspoons thyme leaves fresh chopped
- 5 garlic cloves chopped
- 4 ounce turkey sausage italian hot
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 cup onion diced
- 0.8 cup shell pasta uncooked

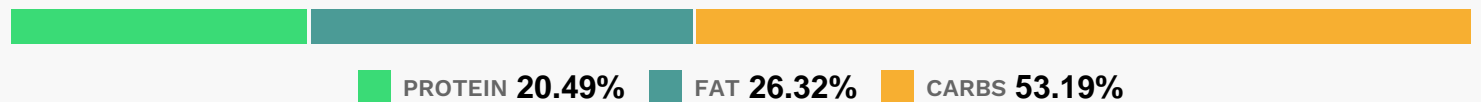
Equipment

- frying pan
- sauce pan

Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- While pasta cooks, heat a large saucepan over medium-high heat.
- Add oil to pan; swirl to coat.
- Add sausage; cook 3 minutes or until lightly browned, stirring to crumble.
- Add onion and next 6 ingredients (through garlic); cook 10 minutes.
- Add chickpeas, tomatoes, and stock; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in pasta, salt, and black pepper; cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:54.53, Glycemic Load:7.9, Inflammation Score:-10, Nutrition Score:17.853043354076%

Flavonoids

Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 259.05kcal (12.95%), Fat: 7.62g (11.72%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 28.98g (10.54%), Sugar: 7.4g (8.22%), Cholesterol: 14.82mg (4.94%), Sodium: 930.09mg (40.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.69%), Vitamin A: 4097.79IU (81.96%), Manganese: 0.85mg (42.42%), Vitamin B6: 0.63mg (31.34%), Vitamin K: 29.26µg (27.87%), Selenium: 17.6µg (25.14%), Fiber: 5.66g (22.64%), Iron: 3.98mg (22.13%), Vitamin B3: 3.85mg (19.26%), Phosphorus: 181.4mg (18.14%), Vitamin C: 14.53mg (17.61%), Copper: 0.29mg (14.51%), Potassium: 488.52mg (13.96%), Vitamin B2: 0.22mg (12.9%), Magnesium: 45.67mg (11.42%), Folate: 44.07µg (11.02%), Zinc: 1.46mg (9.73%), Vitamin B1: 0.14mg (9.22%), Calcium: 83.85mg (8.39%), Vitamin B5: 0.55mg (5.53%), Vitamin E: 0.61mg (4.08%), Vitamin B12: 0.08µg (1.35%)