



Chunky Minestrone Primavera with Clams

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces baking potato diced
- 0.3 teaspoon pepper black
- 0.8 cup carrots diced
- 6.5 ounce clams undrained chopped canned
- 32 ounce less-sodium chicken broth fat-free canned
- 1.5 cups fennel bulb diced (1 large bulb)
- 0.3 cup basil fresh chopped
- 0.3 cup flat-leaf parsley fresh chopped

- 2 garlic cloves minced
- 15.5 ounce great northern beans beans white rinsed drained canned
- 1 cup peas green shelled (1 pound unshelled)
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 2 ounces parmesan cheese fresh grated
- 0.5 cup rice long-grain uncooked
- 0.3 teaspoon salt
- 1.5 cups water
- 2.5 cups zucchini diced

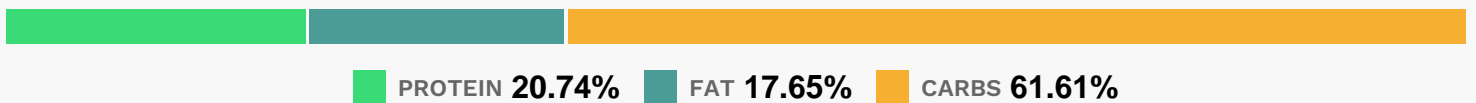
Equipment

- bowl
- ladle
- dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add fennel and onion, and saut for 5 minutes.
- Add zucchini and the next 10 ingredients (zucchini through garlic); bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- Add peas, parsley, basil, and clams, and cook, uncovered, 5 minutes. Ladle soup into each of 8 bowls; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:68.39, Glycemic Load:11.72, Inflammation Score:-9, Nutrition Score:19.296087108876%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 222.43kcal (11.12%), Fat: 4.47g (6.88%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 27.93g (10.15%), Sugar: 4.51g (5.01%), Cholesterol: 5.86mg (1.95%), Sodium: 680.49mg (29.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Vitamin K: 65.55µg (62.43%), Vitamin A: 2564.51IU (51.29%), Manganese: 0.73mg (36.72%), Vitamin C: 24.36mg (29.53%), Fiber: 7.2g (28.79%), Folate: 99.22µg (24.81%), Phosphorus: 243.96mg (24.4%), Potassium: 691.99mg (19.77%), Vitamin B6: 0.36mg (18.06%), Calcium: 173.15mg (17.32%), Magnesium: 64.1mg (16.02%), Copper: 0.31mg (15.54%), Iron: 2.69mg (14.92%), Vitamin B1: 0.22mg (14.54%), Selenium: 10.01µg (14.31%), Vitamin B3: 2.37mg (11.86%), Vitamin B12: 0.7µg (11.7%), Vitamin B2: 0.18mg (10.55%), Zinc: 1.42mg (9.5%), Vitamin B5: 0.73mg (7.34%), Vitamin E: 0.63mg (4.17%)