



Classic Minestrone



Vegetarian



Vegan



Dairy Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



333 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce .5 can cannellini beans with liquid canned
- ☐ 2 carrots chopped
- ☐ 2 stalks celery thinly sliced
- ☐ 0.3 cup elbow macaroni
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 ounces green beans cut into 1 inch pieces
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 leek sliced

- ☐ 3 tablespoons olive oil
- ☐ 1 pound tomatoes chopped
- ☐ 1.5 quarts vegetable stock
- ☐ 1 zucchini thinly sliced

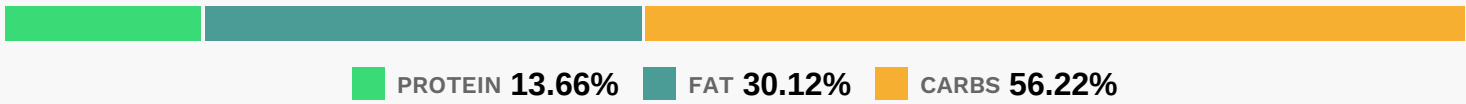
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan, over medium heat.
- ☐ Add leek, carrots, zucchini, green beans and celery. Cover, and reduce heat to low. Cook for 15 minutes, shaking the pan occasionally.
- ☐ Stir in the stock, tomatoes and thyme. Bring to a boil, then replace the lid, and reduce heat to low; simmer gently for 30 minutes.
- ☐ Stir in the cannellini beans with liquid and pasta. Simmer for an additional 10 minutes, or until pasta is al dente. Season with salt and pepper to taste before serving.

Nutrition Facts



Properties

Glycemic Index:90.71, Glycemic Load:11.35, Inflammation Score:-10, Nutrition Score:25.130869699561%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 332.65kcal (16.63%), Fat: 11.59g (17.84%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 38.85g (14.13%), Sugar: 11.27g (12.52%), Cholesterol: 0mg (0%), Sodium: 1478.54mg (64.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Vitamin A: 7633.84IU (152.68%), Manganese: 1.12mg (55.95%), Vitamin K: 53.18µg (50.64%), Vitamin C: 35.66mg (43.22%), Fiber: 9.84g (39.38%), Folate: 136.84µg (34.21%), Potassium: 1160.37mg (33.15%), Iron: 5.04mg (28.03%), Magnesium: 102.3mg (25.57%), Vitamin E: 3.61mg (24.07%), Copper: 0.44mg (22.14%), Vitamin B6: 0.42mg (20.89%), Phosphorus: 195.16mg (19.52%), Vitamin B1: 0.24mg (15.72%), Calcium: 147.94mg (14.79%), Zinc: 1.89mg (12.6%), Selenium: 7.84µg (11.2%), Vitamin B2: 0.19mg (10.93%), Vitamin B3: 1.86mg (9.29%), Vitamin B5: 0.67mg (6.71%)