



WHATSheATE



Classic Minestrone

READY IN



400 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 oz navy beans drained canned
- ☐ 28 oz canned tomatoes with liquid crushed canned
- ☐ 2 carrots diced
- ☐ 2 ribs celery sliced
- ☐ 1 cup endive shredded
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon seasoning italian
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 large onion chopped

- ☐ 6 servings parmesan grated for serving, optional
- ☐ 6 servings salt and pepper
- ☐ 1 cup shells

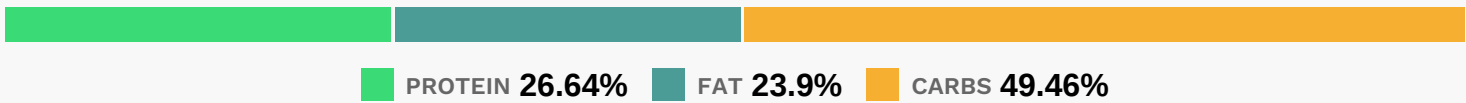
Equipment

- ☐ slow cooker

Directions

- ☐ Combine carrots, celery, onion and garlic in slow cooker.
- ☐ Pour in broth and stir in tomatoes, 1/2 tsp. salt, 1/4 tsp. pepper and Italian seasoning. Cover and cook on low for 4 to 6 hours.
- ☐ Thirty minutes before serving, stir in pasta, escarole and beans. Cover, increase heat to high and cook until pasta is tender, about 30 minutes. Season with salt and pepper.
- ☐ Serve hot, sprinkled with Parmesan, if desired.

Nutrition Facts



Properties

Glycemic Index:48.81, Glycemic Load:9.3, Inflammation Score:-10, Nutrition Score:25.990869729415%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 353.69kcal (17.68%), Fat: 9.76g (15.02%), Saturated Fat: 5.42g (33.87%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 37.03g (13.46%), Sugar: 9.16g (10.18%), Cholesterol: 20.4mg (6.8%), Sodium: 1253.1mg (54.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.97%), Vitamin A: 4162.34IU (83.25%), Calcium: 473.78mg (47.38%), Phosphorus: 449.3mg (44.93%), Manganese: 0.82mg (40.97%), Vitamin K: 37.69µg (35.9%), Fiber: 8.41g (33.64%), Selenium: 22.7µg (32.43%), Copper: 0.57mg (28.48%), Potassium: 969.28mg (27.69%), Vitamin B3: 4.82mg (24.1%), Iron: 4.22mg (23.44%), Folate: 93.77µg (23.44%), Magnesium: 93.3mg

(23.32%), Vitamin B6: 0.43mg (21.3%), Vitamin C: 17.01mg (20.62%), Vitamin B1: 0.27mg (17.74%), Vitamin B2: 0.3mg (17.71%), Vitamin E: 2.58mg (17.22%), Zinc: 2.33mg (15.56%), Vitamin B5: 0.9mg (9.05%), Vitamin B12: 0.52µg (8.62%)