



Classic Minestrone Soup

READY IN



80 min.

SERVINGS



20

CALORIES



61 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 oz kidney beans rinsed canned
- 28 oz canned tomatoes diced undrained canned
- 1 potato and carrot red peeled chopped
- 1 celery stalk chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 6 Tbsp parmesan cheese grated kraft
- 0.5 cup shells uncooked
- 2 cups tightly spinach fresh packed
- 29 oz vegetable broth canned

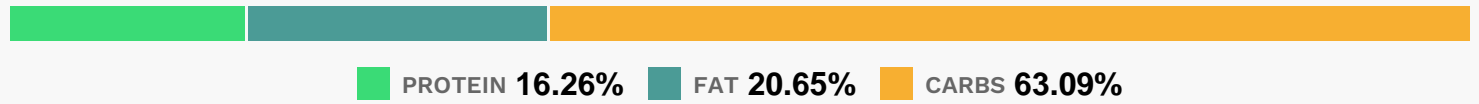
Equipment

sauce pan

Directions

- Bring all but last 3 ingredients to boil in large saucepan; cover. Simmer on medium-low heat 45 min.
- Stir in pasta and spinach; cook 10 min. or just until pasta is tender.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:4.7408696110158%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 60.51kcal (3.03%), Fat: 1.44g (2.21%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 7.93g (2.88%), Sugar: 2.29g (2.54%), Cholesterol: 1.3mg (0.44%), Sodium: 345.89mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin K: 19.02µg (18.12%), Vitamin A: 430.8IU (8.62%), Vitamin C: 6.83mg (8.28%), Manganese: 0.16mg (8.17%), Fiber: 1.94g (7.78%), Potassium: 205.46mg (5.87%), Phosphorus: 53.24mg (5.32%), Vitamin B6: 0.11mg (5.32%), Iron: 0.87mg (4.85%), Magnesium: 17.84mg (4.46%), Folate: 17.02µg (4.26%), Copper: 0.08mg (4.19%), Calcium: 37.3mg (3.73%), Vitamin B1: 0.06mg (3.7%), Selenium: 2.53µg (3.61%), Vitamin B2: 0.05mg (3.08%), Vitamin E: 0.43mg (2.89%), Vitamin B3: 0.57mg (2.87%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.13mg (1.25%)