



Cranberry Bean-Vegetable Soup with Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup carrots diced
- ☐ 3 cups cranberry beans fresh
- ☐ 1 cup basil leaves fresh
- ☐ 1 garlic clove minced
- ☐ 1 garlic clove peeled
- ☐ 1 cup leek thinly sliced (1 large)

- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1.5 teaspoons pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 4 cups water
- ☐ 1 cup baby squash diced yellow
- ☐ 1 cup zucchini diced

Equipment

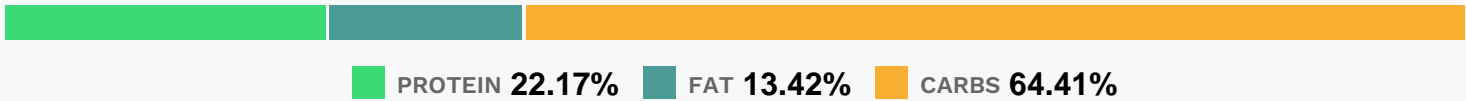
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ To prepare pesto, drop pine nuts and garlic clove through food chute with food processor on; process until minced.
- ☐ Add 2 teaspoons oil; pulse 3 times or until combined.
- ☐ Add basil leaves, cheese, and dash of salt; process 30 seconds or until finely minced, scraping sides of bowl once. Set aside.
- ☐ To prepare soup, sort and wash beans; set aside.
- ☐ Heat 2 teaspoons olive oil in a Dutch oven over medium-high heat.
- ☐ Add leek, carrot, and 1 minced garlic clove to pan; saut 4 minutes or until leek is tender.
- ☐ Add 4 cups water and cranberry beans; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until beans are tender.
- ☐ Add zucchini, squash, and tomatoes to pan; simmer, uncovered, 10 minutes or until vegetables are tender.

Stir in 1/2 teaspoon salt and pepper. Ladle 1 1/4 cups soup into each of 6 bowls; top each serving with 1 1/4 teaspoons pesto.

Nutrition Facts



Properties

Glycemic Index:54.31, Glycemic Load:2.66, Inflammation Score:-9, Nutrition Score:18.56869576013%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 187.02kcal (9.35%), Fat: 2.94g (4.53%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 20.55g (7.47%), Sugar: 5.07g (5.63%), Cholesterol: 1.45mg (0.48%), Sodium: 341.36mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Folate: 217.08µg (54.27%), Vitamin A: 2481.65IU (49.63%), Fiber: 11.26g (45.02%), Manganese: 0.73mg (36.41%), Vitamin K: 31.32µg (29.83%), Copper: 0.43mg (21.26%), Potassium: 730.37mg (20.87%), Vitamin C: 16.65mg (20.18%), Magnesium: 76.68mg (19.17%), Iron: 3.42mg (19.01%), Vitamin B1: 0.28mg (18.48%), Phosphorus: 182.68mg (18.27%), Vitamin B6: 0.32mg (15.96%), Calcium: 114.89mg (11.49%), Zinc: 1.52mg (10.16%), Vitamin B2: 0.16mg (9.69%), Vitamin E: 1.39mg (9.28%), Vitamin B3: 1.71mg (8.55%), Vitamin B5: 0.55mg (5.47%), Selenium: 2.55µg (3.64%)