



Creamy Lima Bean Soup With Pasta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 16 ounce baby lima beans frozen
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 teaspoon lemon pepper
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped

- ☐ 1 cup orecchiette pasta uncooked
- ☐ 0.5 cup bottled roasted bell peppers red chopped
- ☐ 3 thyme sprigs
- ☐ 29 ounce vegetable broth fresh canned
- ☐ 2 cups water

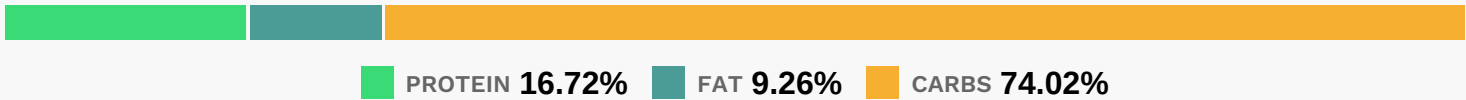
Equipment

- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion, carrot, and garlic; saut 5 minutes.
- ☐ Add water, thyme, broth, and lima beans; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in basil, lemon juice, and lemon pepper.
- ☐ Place 3 cups soup in a blender; process until smooth. Return pureed mixture to pan; bring to a boil.
- ☐ Add pasta; cook 15 minutes or until pasta is tender. Stir in bell peppers.

Nutrition Facts



Properties

Glycemic Index:84.46, Glycemic Load:8.96, Inflammation Score:-10, Nutrition Score:19.353043597677%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 285.7kcal (14.28%), Fat: 3.01g (4.62%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 44.62g (16.22%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 1152.06mg (50.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.43%), Vitamin A: 6207.07IU (124.14%), Manganese: 1.21mg (60.47%), Fiber: 9.47g (37.89%), Vitamin C: 26.02mg (31.54%), Potassium: 767.6mg (21.93%), Selenium: 14.86µg (21.23%), Magnesium: 81.17mg (20.29%), Phosphorus: 185.64mg (18.56%), Iron: 3.34mg (18.54%), Vitamin B6: 0.37mg (18.35%), Copper: 0.29mg (14.66%), Folate: 53.85µg (13.46%), Vitamin B1: 0.2mg (13.11%), Vitamin K: 12.48µg (11.89%), Vitamin B3: 1.99mg (9.93%), Calcium: 85.78mg (8.58%), Vitamin B2: 0.14mg (8.19%), Zinc: 1.23mg (8.17%), Vitamin B5: 0.47mg (4.66%), Vitamin E: 0.55mg (3.67%)