



 **100%**  
HEALTH SCORE

## Easy Italian Vegetable Soup

 Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 box hawaiian rolls
- 4 cups water
- 2 cups broccoli florets frozen thawed
- 9 oz spinach frozen thawed drained chopped well
- 1 can great northern beans drained (15)
- 14.5 oz tomatoes diced with italian-style herbs, undrained canned
- 6 tablespoons parmesan cheese grated

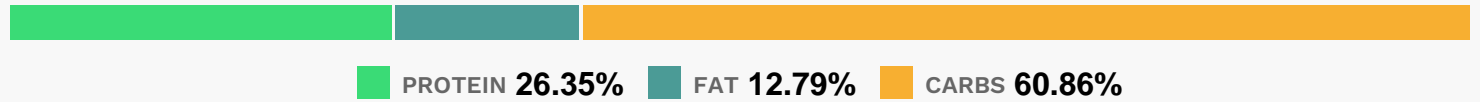
### Equipment

dutch oven

## Directions

- In 4-quart Dutch oven, mix uncooked pasta and sauce mix (from Hamburger Helper box) and water.
- Heat to boiling. Reduce heat to medium; cover and cook about 15 minutes, stirring occasionally, until pasta is tender.
- Stir in broccoli, spinach, beans and tomatoes. Cook 5 minutes longer, stirring occasionally, until vegetables are thoroughly heated. To serve, sprinkle each serving with 1 tablespoon cheese.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:23.302173875596%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

## Nutrients (% of daily need)

Calories: 140.74kcal (7.04%), Fat: 2.14g (3.29%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 16.55g (6.02%), Sugar: 2.44g (2.71%), Cholesterol: 4.35mg (1.45%), Sodium: 238.64mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin K: 191.21µg (182.1%), Vitamin A: 5298.78IU (105.98%), Vitamin C: 36.74mg (44.53%), Folate: 147.05µg (36.76%), Manganese: 0.73mg (36.25%), Fiber: 6.36g (25.44%), Magnesium: 87.16mg (21.79%), Phosphorus: 187.06mg (18.71%), Potassium: 642.69mg (18.36%), Calcium: 179.01mg (17.9%), Iron: 2.89mg (16.04%), Vitamin B6: 0.29mg (14.27%), Vitamin B2: 0.23mg (13.58%), Copper: 0.27mg (13.5%), Vitamin B1: 0.2mg (13.41%), Vitamin E: 1.96mg (13.08%), Selenium: 8.23µg (11.75%), Zinc: 1.18mg (7.84%), Vitamin B3: 1.25mg (6.26%), Vitamin B5: 0.52mg (5.18%), Vitamin B12: 0.07µg (1.13%)