



Easy Italian Vegetable Soup

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



6

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

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

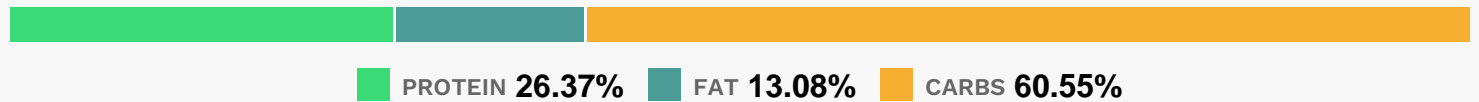
Equipment

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:9.83, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:23.3021739999989%

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: 140.95kcal (7.05%), Fat: 2.19g (3.37%), Saturated Fat: 0.96g (6%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 16.47g (5.99%), Sugar: 2.43g (2.7%), Cholesterol: 4.52mg (1.51%), Sodium: 238.91mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.89%), Vitamin K: 191.21µg (182.1%), Vitamin A: 5300.45IU (106.01%), Vitamin C: 36.74mg (44.53%), Folate: 146.93µg (36.73%), Manganese: 0.72mg (36.2%), Fiber: 6.36g (25.43%), Magnesium: 87.17mg (21.79%), Phosphorus: 187.66mg (18.77%), Potassium: 642.61mg (18.36%), Calcium: 179.95mg (17.99%), Iron: 2.88mg (16.01%), Vitamin B6: 0.29mg (14.27%), Vitamin B2: 0.23mg (13.59%), Copper: 0.27mg (13.49%), Vitamin B1: 0.2mg (13.35%), Vitamin E: 1.96mg (13.08%), Selenium: 8.23µg (11.76%), Zinc: 1.18mg (7.87%), Vitamin B3: 1.24mg (6.22%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.07µg (1.15%)