



Easy Minestrone Soup

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 30 ounce kidney beans undrained canned
- 0.5 cup carrots diced
- 0.8 cup celery sliced
- 1 teaspoon creole seasoning
- 0.3 cup cooking wine dry red
- 0.5 cup elbow macaroni uncooked
- 1 garlic clove minced
- 1 cup leek chopped

- 8 ounce no-salt-added tomato sauce canned
- 2.5 cups water
- 1.5 cups zucchini diced

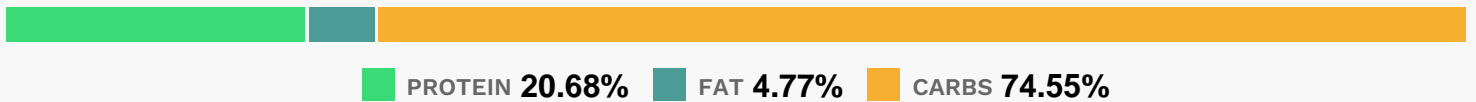
Equipment

- food processor
- dutch oven

Directions

- Place 1 can of kidney beans in a food processor, and process until smooth. Spoon bean pure into a Dutch oven; stir in remaining can of kidney beans, water, and the next 8 ingredients (water through tomato sauce). Bring to a boil; cover, reduce heat, and simmer for 20 minutes. Stir in the elbow macaroni; cook, uncovered, an additional 10 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:6.62, Inflammation Score:-8, Nutrition Score:11.544782545256%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 150.38kcal (7.52%), Fat: 0.79g (1.21%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 20.46g (7.44%), Sugar: 4.76g (5.29%), Cholesterol: 0mg (0%), Sodium: 428.07mg (18.61%), Alcohol: 1.05g (100%), Alcohol %: 0.48% (100%), Protein: 7.68g (15.36%), Vitamin A: 1837.76IU (36.76%), Fiber: 7.22g (28.9%), Manganese: 0.55mg (27.35%), Phosphorus: 155.99mg (15.6%), Potassium: 517.58mg (14.79%), Vitamin K: 15.43µg

(14.69%), Copper: 0.26mg (13.03%), Magnesium: 51.3mg (12.82%), Folate: 49.67µg (12.42%), Iron: 2.1mg (11.68%), Vitamin C: 9.41mg (11.4%), Vitamin B6: 0.22mg (10.89%), Vitamin B1: 0.15mg (10.22%), Selenium: 7.15µg (10.21%), Vitamin B2: 0.13mg (7.81%), Zinc: 0.98mg (6.55%), Vitamin B3: 1.24mg (6.19%), Calcium: 56.61mg (5.66%), Vitamin E: 0.72mg (4.82%), Vitamin B5: 0.37mg (3.74%)