



WHATSheATE



HEALTH SCORE

57%

Fall Vegetable Stew with Mint Pesto



Vegetarian



Gluten Free

READY IN



47 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups basil
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 30 ounce cannellini beans unsalted rinsed drained canned
- ☐ 0.5 cup carrots chopped
- ☐ 4 garlic clove chopped
- ☐ 2 cups green beans () (1/2 pound)
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup leek chopped

- ☐ 2 cups mint leaves
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped
- ☐ 1 cup parsnips chopped
- ☐ 0.5 cup potatoes – remove skin red chopped (2 medium)
- ☐ 4 thyme sprigs
- ☐ 1.5 cups tomatoes seeded chopped
- ☐ 0.5 cup pecorino cheese grated
- ☐ 8 cups water

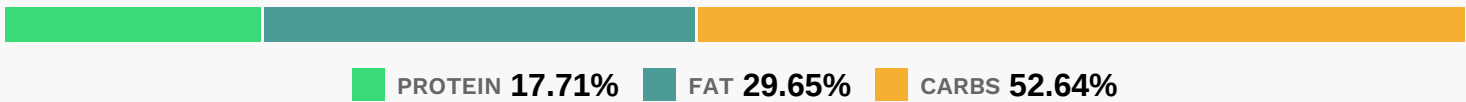
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Combine first 11 ingredients in a large saucepan over medium–high heat; bring to a boil. Reduce heat, and simmer 20 minutes. Stir in green beans; cook 10 minutes or until tender.
- ☐ Combine oil and remaining ingredients in a food processor; process until smooth. Ladle 1 3/4 cups soup into each of 8 bowls; top each serving with 1 1/2 tablespoons pesto.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.6, Glycemic Load:8.76, Inflammation Score:-10, Nutrition Score:20.943913188318%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 265.36kcal (13.27%), Fat: 9.09g (13.98%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 27.31g (9.93%), Sugar: 4.54g (5.05%), Cholesterol: 4.25mg (1.42%), Sodium: 571.61mg (24.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Vitamin A: 2813.6IU (56.27%), Manganese: 1.1mg (54.92%), Vitamin K: 56.86µg (54.15%), Fiber: 9g (36%), Folate: 124.45µg (31.11%), Iron: 4.96mg (27.56%), Potassium: 865.39mg (24.73%), Magnesium: 95.66mg (23.92%), Vitamin C: 19.62mg (23.79%), Calcium: 236.07mg (23.61%), Copper: 0.44mg (22.2%), Phosphorus: 199.22mg (19.92%), Vitamin E: 2.55mg (16.99%), Vitamin B6: 0.28mg (13.77%), Vitamin B1: 0.19mg (12.8%), Zinc: 1.88mg (12.56%), Vitamin B2: 0.16mg (9.18%), Selenium: 4.06µg (5.8%), Vitamin B5: 0.55mg (5.52%), Vitamin B3: 1.09mg (5.45%), Vitamin B12: 0.08µg (1.25%)