



Minestrone Macaroni

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons beef bouillon granules
- 15 ounces garbanzo beans rinsed drained canned
- 16 ounces kidney beans rinsed drained canned
- 1.5 cups elbow macaroni uncooked
- 14 ounces green beans rinsed drained canned
- 28 ounces tomatoes diced italian undrained canned
- 2.3 cups water

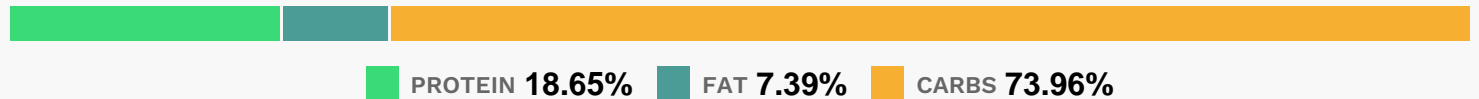
Equipment

frying pan

Directions

- In a large skillet, cook beef over medium heat until no longer pink; drain.
- Add the tomatoes, water, macaroni and bouillon; bring to a boil.
- Reduce heat; cover and simmer for 12–15 minutes or until macaroni is tender. Stir in beans and cook until heated through.

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:7.64, Inflammation Score:-7, Nutrition Score:20.662173913043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 297.58kcal (14.88%), Fat: 2.53g (3.89%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 56.92g (18.97%), Net Carbohydrates: 45.56g (16.57%), Sugar: 7.74g (8.59%), Cholesterol: 0.03mg (0.01%), Sodium: 750.25mg (32.62%), Protein: 14.36g (28.71%), Manganese: 1.37mg (68.4%), Fiber: 11.35g (45.42%), Selenium: 25.08µg (35.83%), Vitamin B6: 0.69mg (34.34%), Vitamin K: 35.42µg (33.73%), Vitamin C: 21.05mg (25.51%), Phosphorus: 254.76mg (25.48%), Iron: 4.25mg (23.62%), Copper: 0.47mg (23.59%), Magnesium: 92.68mg (23.17%), Potassium: 767.65mg (21.93%), Folate: 76.3µg (19.08%), Vitamin B1: 0.25mg (16.63%), Vitamin B2: 0.23mg (13.26%), Vitamin B3: 2.51mg (12.55%), Vitamin A: 621.85IU (12.44%), Calcium: 122.63mg (12.26%), Zinc: 1.81mg (12.04%), Vitamin E: 1.22mg (8.16%), Vitamin B5: 0.77mg (7.68%)