



Minestrone Soup

READY IN



40 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes whole undrained canned
- 15 oz great northern beans undrained canned
- 15 oz beans red undrained canned
- 15.3 oz corn whole undrained canned
- 1 cup celery stalks thinly sliced
- 1 cup zucchini sliced
- 0.5 cup onion chopped
- 1 cup cabbage shredded
- 0.5 cup elbow macaroni uncooked

- 1.3 cups water
- 1 teaspoon seasoning italian
- 2 vegetable cube
- 1 clove garlic finely chopped
- 1 serving parmesan cheese grated

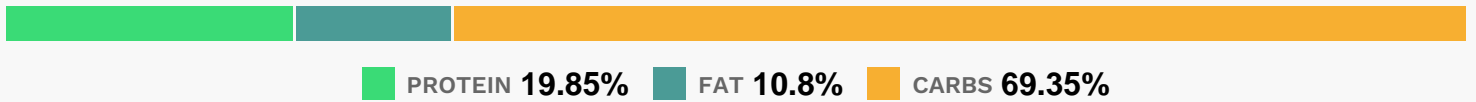
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, heat all ingredients except cheese to boiling, breaking up tomatoes; reduce heat to low.
- Cover and simmer 15 to 20 minutes, stirring occasionally, until macaroni and vegetables are tender.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:6.86, Inflammation Score:-8, Nutrition Score:20.979565072967%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 318.47kcal (15.92%), Fat: 3.98g (6.12%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 46.2g (16.8%), Sugar: 9.24g (10.27%), Cholesterol: 4.35mg (1.45%), Sodium: 811.61mg (35.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.91%), Manganese: 1mg (50.19%), Fiber: 11.29g (45.16%), Folate: 135.7µg (33.93%), Phosphorus: 317.19mg (31.72%), Potassium: 1082.68mg (30.93%), Vitamin C:

24.53mg (29.73%), Copper: 0.55mg (27.67%), Magnesium: 109.55mg (27.39%), Vitamin K: 26.84µg (25.56%), Iron: 4.38mg (24.31%), Vitamin B6: 0.44mg (21.86%), Vitamin B1: 0.33mg (21.74%), Selenium: 13.9µg (19.86%), Calcium: 176.67mg (17.67%), Vitamin B3: 3.27mg (16.33%), Vitamin B2: 0.23mg (13.73%), Zinc: 1.99mg (13.28%), Vitamin E: 1.86mg (12.39%), Vitamin A: 462.02IU (9.24%), Vitamin B5: 0.85mg (8.54%), Vitamin B12: 0.07µg (1.13%)