



## Fresh Vegetable Minestrone

READY IN



30 min.

SERVINGS



6

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 box hawaiian rolls italian
- 32 oz chicken broth reduced-sodium
- 1 cup water
- 1 cup carrots sliced
- 1 can great northern beans rinsed drained (15)
- 14.5 oz tomatoes diced with italian-style herbs, undrained canned
- 1 medium zucchini cut in half lengthwise, then cut crosswise into 1/4-inch pieces
- 0.3 cup parmesan shredded
- 1 tablespoon basil fresh sliced

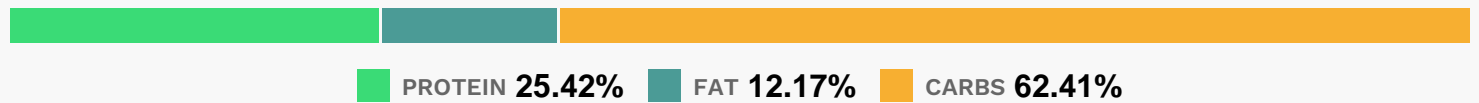
## Equipment

- bowl
- ladle
- dutch oven

## Directions

- In 4-quart Dutch oven, mix uncooked pasta and sauce mix (from Hamburger Helper box), the broth, water and carrots.
- Heat to boiling. Reduce heat; cover and simmer 15 minutes, stirring occasionally.
- Stir in beans, tomatoes and zucchini. Cover; cook about 10 minutes longer, stirring occasionally, until pasta and vegetables are tender.
- Ladle into bowls.
- Sprinkle with cheese and basil.

## Nutrition Facts



## Properties

Glycemic Index:36.81, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:13.990869543475%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 136.82kcal (6.84%), Fat: 1.94g (2.98%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 17.08g (6.21%), Sugar: 4.16g (4.62%), Cholesterol: 5.86mg (1.95%), Sodium: 748.79mg (32.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin A: 3762.59IU (75.25%), Manganese: 0.52mg (26.01%), Fiber: 5.27g (21.07%), Folate: 78.39µg (19.6%), Vitamin C: 14.51mg (17.59%), Phosphorus: 169.54mg (16.95%), Potassium: 576.06mg (16.46%), Magnesium: 57.96mg (14.49%), Vitamin B2: 0.23mg (13.49%), Vitamin B1: 0.2mg (13.37%), Calcium: 130.38mg (13.04%), Vitamin B6: 0.24mg (12.11%), Iron: 2.18mg (12.09%),

Copper: 0.23mg (11.26%), Vitamin B3: 1.54mg (7.7%), Vitamin K: 7.67µg (7.3%), Selenium: 4.8µg (6.85%), Zinc: 0.96mg (6.43%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.45mg (4.46%), Vitamin B12: 0.08µg (1.34%)