



HEALTH SCORE

52%

Fresh Vegetable Minestrone

READY IN



30 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

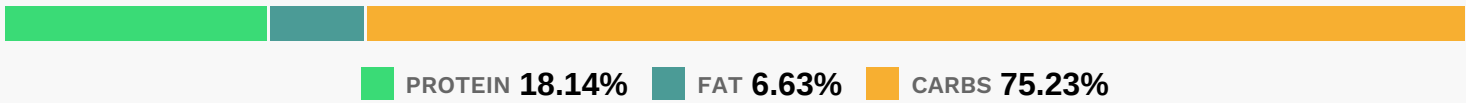
Equipment

- ☐ 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:33.47, Glycemic Load:23.33, Inflammation Score:-10, Nutrition Score:22.300434735158%

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, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 414.61kcal (20.73%), Fat: 3.06g (4.71%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 78.27g (26.09%), Net Carbohydrates: 70.61g (25.67%), Sugar: 6.15g (6.83%), Cholesterol: 5.86mg (1.95%), Sodium: 752.46mg (32.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.73%), Vitamin A: 3762.59IU (75.25%), Selenium: 52.15µg (74.5%), Manganese: 1.21mg (60.35%), Phosphorus: 311.12mg (31.11%), Fiber: 7.66g (30.66%), Magnesium: 97.67mg (24.42%), Folate: 91.74µg (22.93%), Copper: 0.44mg (22.09%), Potassium: 743.11mg (21.23%), Vitamin B1: 0.27mg (17.81%), Vitamin C: 14.51mg (17.58%), Iron: 3.14mg (17.47%), Vitamin B6: 0.35mg (17.43%),

Vitamin B2: 0.27mg (16.1%), Calcium: 145.89mg (14.59%), Vitamin B3: 2.81mg (14.04%), Zinc: 2.02mg (13.47%),
Vitamin B5: 0.77mg (7.69%), Vitamin K: 7.74µg (7.37%), Vitamin E: 0.8mg (5.34%), Vitamin B12: 0.08µg (1.34%)