



Fresh-Vegetable Soup

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 57 ounce beef broth fat-free canned
- 0.8 teaspoon pepper black
- 15 ounce kidney beans drained canned
- 1 cup carrots thinly sliced
- 2 cups celery chopped (4 stalks)
- 1 teaspoon basil dried
- 1 teaspoon rosemary dried
- 3 ounces elbow macaroni uncooked
- 1.5 cups corn kernels fresh (3 ears)

- 5 garlic cloves minced
- 2 cups cut green beans (2-inch) ()
- 2 cups cabbage shredded green
- 2 tablespoons olive oil
- 2 cups onion chopped
- 1 teaspoon oregano dried
- 1 cup parmesan cheese grated
- 0.8 teaspoon salt
- 4 cups tomatoes seeded chopped
- 8 ounce no-salt-added tomato sauce canned
- 1 cup zucchini halved lengthwise sliced

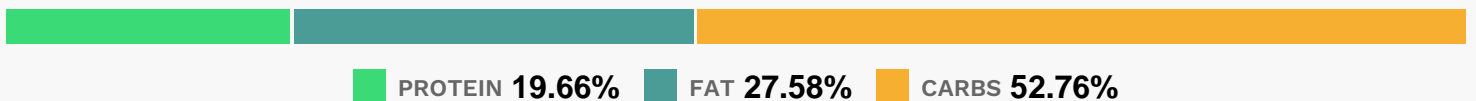
Equipment

- pot

Directions

- Heat oil in a stockpot over medium-high heat.
- Add onion and garlic; saut 2 minutes. Stir in celery and next 9 ingredients (celery through kidney beans). Bring to a boil; cover, reduce heat, and simmer 30 minutes.
- Add tomato, macaroni, and tomato sauce. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pasta is done.
- Add cabbage, salt, and pepper; cook 5 minutes or until cabbage wilts.
- Serve with cheese.
- Note: Refrigerate any remaining soup in an airtight container for up to one week, or freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:60.35, Glycemic Load:6.37, Inflammation Score:-10, Nutrition Score:22.132173824569%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

Nutrients (% of daily need)

Calories: 269.69kcal (13.48%), Fat: 8.68g (13.35%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 29.22g (10.63%), Sugar: 10.62g (11.8%), Cholesterol: 10.88mg (3.63%), Sodium: 1506.53mg (65.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Vitamin A: 3934.1IU (78.68%), Vitamin K: 50.77µg (48.35%), Vitamin C: 32.29mg (39.13%), Manganese: 0.74mg (36.93%), Fiber: 8.13g (32.53%), Phosphorus: 279.71mg (27.97%), Potassium: 948.28mg (27.09%), Folate: 86.83µg (21.71%), Calcium: 207.81mg (20.78%), Selenium: 14.28µg (20.4%), Vitamin B6: 0.4mg (20.17%), Vitamin B3: 3.86mg (19.32%), Magnesium: 75.35mg (18.84%), Vitamin B2: 0.26mg (15.59%), Vitamin B1: 0.23mg (15.26%), Iron: 2.7mg (15.01%), Copper: 0.28mg (13.99%), Vitamin E: 1.82mg (12.14%), Zinc: 1.66mg (11.08%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.31µg (5.17%)