



Garden Minestrone

 Vegetarian  Very Healthy

READY IN



58 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces asiago cheese grated
- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15.5 ounce great northern beans rinsed drained canned
- ☐ 1 cup carrots chopped
- ☐ 0.5 cup ditalini pasta tube-shaped uncooked (very short macaroni)
- ☐ 42 ounce fat-free less-sodium chicken broth fat-free divided canned
- ☐ 1 cup fresh corn kernels fresh (2 ears)

- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.8 teaspoon salt
- ☐ 4 cups tomatoes divided chopped
- ☐ 3 cups to 3 sized squashes yellow chopped
- ☐ 3 cups zucchini chopped

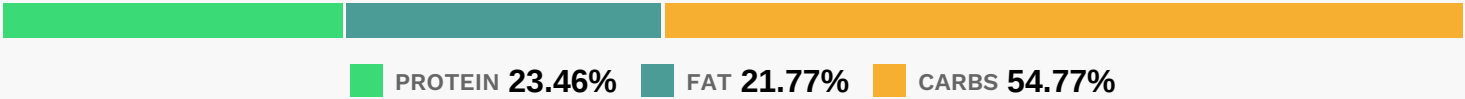
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion to pan; saut 3 minutes or until softened.
- ☐ Add oregano and garlic; saut 1 minute. Stir in squash, zucchini, carrot, and corn; saut 5 minutes or until vegetables are tender.
- ☐ Remove from heat.
- ☐ Place 3 cups tomato and 1 can broth in a blender; process until smooth.
- ☐ Add tomato mixture to pan; return pan to heat. Stir in remaining 1 cup tomato and remaining 2 cans broth; bring mixture to a boil. Reduce heat, and simmer 20 minutes.
- ☐ Add pasta and beans to pan; cook 10 minutes or until pasta is tender, stirring occasionally.
- ☐ Remove from heat. Stir in spinach, salt, and 1/2 teaspoon pepper. Ladle soup into individual bowls; top with cheese.
- ☐ Garnish with coarsely ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:2.52, Inflammation Score:0, Nutrition Score:27.114782446105%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 239.9kcal (12%), Fat: 6.1g (9.38%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 27.74g (10.09%), Sugar: 7.61g (8.45%), Cholesterol: 9.64mg (3.21%), Sodium: 1096.9mg (47.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.56%), Vitamin K: 118.29µg (112.66%), Vitamin A: 5621.47IU (112.43%), Manganese: 0.92mg (45.91%), Vitamin C: 36.63mg (44.41%), Folate: 140.91µg (35.23%), Phosphorus: 303.13mg (30.31%), Fiber: 6.77g (27.08%), Potassium: 947.9mg (27.08%), Calcium: 269.06mg (26.91%), Magnesium: 94.86mg (23.71%), Vitamin B6: 0.46mg (23.21%), Selenium: 16.22µg (23.17%), Vitamin B2: 0.31mg (17.98%), Vitamin B1: 0.24mg (16.2%), Iron: 2.84mg (15.78%), Copper: 0.3mg (15.19%), Vitamin B3: 2.87mg (14.35%), Zinc: 1.63mg (10.86%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 1.34mg (8.96%), Vitamin B12: 0.47µg (7.8%)