



Garden Patch Minestrone

READY IN



40 min.

SERVINGS



7

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 cup carrots sliced
- 1 cup celery stalks sliced
- 0.3 cup onion chopped
- 2 cloves garlic finely chopped
- 1 medium to 3 sized squashes yellow cut in half lengthwise, then cut crosswise into 1/4-inch pieces
- 0.3 cup basil fresh chopped
- 1 box beef pasta skillet meal
- 15 oz kidney beans dark red rinsed drained canned

- 14.5 oz tomatoes diced with basil, garlic and oregano, undrained canned
- 5 cups water hot

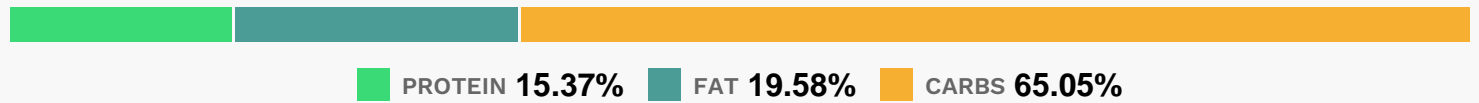
Equipment

- dutch oven

Directions

- In 5-quart Dutch oven or stockpot, heat oil over medium heat.
- Add carrots, celery, onion and garlic; cook about 5 minutes, stirring frequently, until vegetables are almost tender.
- Stir in zucchini, basil, uncooked pasta and sauce mix (from Hamburger Helper box), beans, tomatoes and hot water.
- Heat to boiling. Reduce heat; cover and simmer about 10 minutes or until pasta and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:38.45, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:14.359565206196%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 217.62kcal (10.88%), Fat: 4.86g (7.48%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 29.36g (10.68%), Sugar: 5g (5.55%), Cholesterol: 0mg (0%), Sodium: 683.03mg (29.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Vitamin A: 3289.75IU (65.79%), Fiber: 6.99g (27.96%), Folate: 102.52µg (25.63%), Manganese: 0.46mg (22.95%), Vitamin B1: 0.31mg (20.91%), Vitamin K: 20.3µg (19.33%), Iron: 3.12mg (17.33%), Potassium: 583.52mg (16.67%), Vitamin C: 13.46mg (16.32%), Vitamin B6: 0.26mg (12.81%), Copper: 0.25mg (12.55%), Phosphorus: 121.92mg (12.19%), Vitamin B2: 0.2mg (11.83%), Magnesium:

45.55mg (11.39%), Vitamin B3: 2.27mg (11.34%), Vitamin E: 1.2mg (7.97%), Zinc: 0.92mg (6.15%), Calcium: 61.15mg (6.12%), Vitamin B5: 0.35mg (3.48%), Selenium: 1.08µg (1.55%)