



Green bean minestrone

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 carrots finely chopped
- ☐ 1 celery stalks finely chopped
- ☐ 2 tbsp olive oil
- ☐ 70 g pancetta
- ☐ 1 bay leaves
- ☐ 1.5 l chicken stock see

- ☐ 100 g soup noodles such as stelline or orzo
- ☐ 300 g avarakkai / broad beans mixed green podded
- ☐ 100 g cabbage shredded
- ☐ 4 tbsp basil pesto
- ☐ 4 servings top

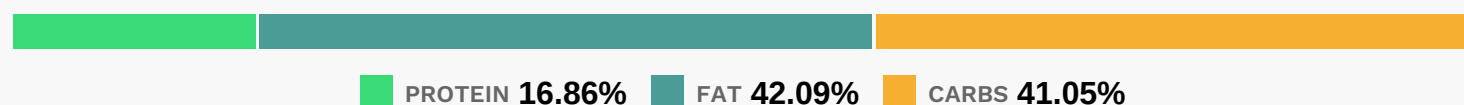
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Fry the onion, garlic, carrot and celery in the olive oil in a large saucepan until tender but not browned. Scoop out and set aside. Fry the pancetta, if using, you wont need to add any more oil but keep the heat low until it starts to give off fat. Fry until browned but not too crisp. Tip into a sieve and drain off any excess fat.
- ☐ Put the carrot mixture back into the pan with the pancetta and add the bay leaf, plenty of seasoning and the stock. Bring to a simmer, add the pasta and cook for 5 mins.
- ☐ Top and tail the green and runner beans, slice both into lengths that will easily fit on a spoon and add to the pot with the broad beans. Cook for 3 mins, then add the cabbage. Bring back to a simmer and cook for 2 mins. Spoon the pesto onto the top of the soup just before serving and serve with the bread.

Nutrition Facts



Properties

Glycemic Index:90.08, Glycemic Load:15.59, Inflammation Score:-9, Nutrition Score:21.561739101358%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 532.66kcal (26.63%), Fat: 24.86g (38.24%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 54.55g (18.18%), Net Carbohydrates: 47.88g (17.41%), Sugar: 11.28g (12.53%), Cholesterol: 24.16mg (8.05%), Sodium: 828.55mg (36.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.81%), Vitamin A: 2910.36IU (58.21%), Selenium: 30.26µg (43.23%), Vitamin B3: 7.97mg (39.85%), Manganese: 0.67mg (33.25%), Folate: 122.05µg (30.51%), Phosphorus: 291.19mg (29.12%), Vitamin K: 28.61µg (27.25%), Fiber: 6.67g (26.68%), Vitamin B2: 0.45mg (26.55%), Copper: 0.51mg (25.29%), Potassium: 829.26mg (23.69%), Vitamin B6: 0.46mg (23.23%), Vitamin B1: 0.32mg (21.56%), Magnesium: 71.04mg (17.76%), Vitamin C: 13.35mg (16.18%), Iron: 2.73mg (15.18%), Zinc: 2mg (13.32%), Calcium: 92.6mg (9.26%), Vitamin E: 1.39mg (9.26%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.09µg (1.46%)