



## Green Minestrone

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 ribs celery chopped
- ☐ 1 quart chicken broth low-sodium homemade canned
- ☐ 1 fennel bulb chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 1 pound potatoes boiling peeled cut into 1/2-inch cubes 3

- ☐ 1.5 teaspoons salt
- ☐ 5 cups pkt spinach shredded washed well
- ☐ 3 cups swiss chard shredded washed well
- ☐ 0.5 cup tubetti
- ☐ 3 cups water

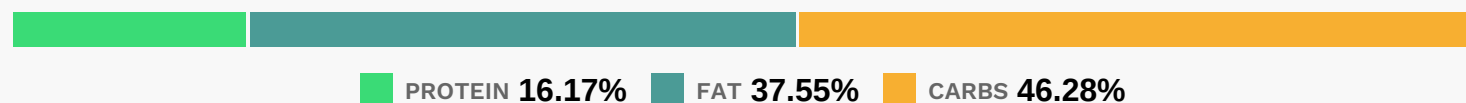
## Equipment

- ☐ sauce pan

## Directions

- ☐ In a large saucepan, heat the oil over moderately low heat.
- ☐ Add the onion, fennel, celery, and 1/4 teaspoon of the salt. Cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Add the potatoes, broth, water, the remaining 1 1/4 teaspoons salt, and the pepper. Bring to a boil. Reduce the heat and simmer for 5 minutes. Stir in the pasta and simmer for 5 minutes longer.
- ☐ Add the Swiss chard and spinach and bring the soup back to a simmer. Cook, stirring occasionally, until the greens are wilted and the pasta is tender, about 5 minutes longer. Stir in the Parmesan.
- ☐ Variations
- ☐ You'll need a total of eight cups of shredded greens for this soup. Use one or any combination of the following: Swiss chard, spinach, escarole, green cabbage, or kale. The more variety the better.
- ☐ Wine Recommendation: Your best bet with all these greens is a charming, fruity red, such as a Beaujolais or Valpolicella. The bright berry flavors will contrast with and highlight the vegetables.

## Nutrition Facts



## Properties

Glycemic Index:56.75, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:28.538260927667%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 338.82kcal (16.94%), Fat: 14.83g (22.81%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 34.72g (12.63%), Sugar: 6.51g (7.23%), Cholesterol: 5.67mg (1.89%), Sodium: 1249.49mg (54.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.37g (28.74%), Vitamin K: 460.83µg (438.89%), Vitamin A: 5455.04IU (109.1%), Vitamin C: 38.37mg (46.51%), Manganese: 0.91mg (45.67%), Potassium: 1430.23mg (40.86%), Folate: 131.73µg (32.93%), Phosphorus: 298.21mg (29.82%), Vitamin B3: 5.67mg (28.37%), Magnesium: 107.44mg (26.86%), Fiber: 6.4g (25.59%), Copper: 0.5mg (25.04%), Calcium: 226.63mg (22.66%), Vitamin E: 3.25mg (21.7%), Vitamin B6: 0.43mg (21.28%), Iron: 3.69mg (20.49%), Selenium: 12.03µg (17.19%), Vitamin B2: 0.28mg (16.49%), Vitamin B1: 0.17mg (11.46%), Zinc: 1.55mg (10.3%), Vitamin B5: 0.73mg (7.27%), Vitamin B12: 0.34µg (5.61%)