



WHATSheATE



HEALTH SCORE

51%

Halibut Minestrone



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 rib celery stalks chopped
- ☐ 3 cups vegetable stock organic low-fat
- ☐ 1 cup rotini pasta cooked
- ☐ 2 garlic clove chopped
- ☐ 1 cup green beans frozen
- ☐ 16 ounces pacific halibut filets skinless cut into pieces
- ☐ 1 tablespoon seasoning dried italian

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons tomato paste

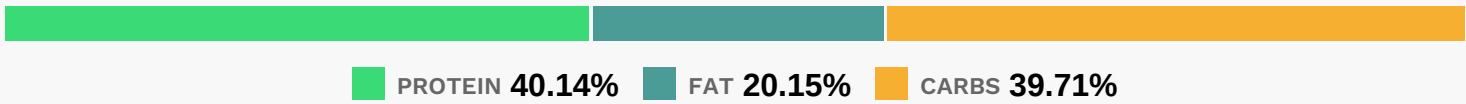
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a 6-quart pot over medium-high heat.
- ☐ Add onion, garlic, and celery; saut 3 minutes.
- ☐ Stir in tomato paste and seasoning. Stir in tomatoes and broth. Bring to a boil, reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Stir in fish and green beans; cook 5 to 7 minutes or until fish is cooked through. Stir in pasta. Cook 5 minutes or until pasta is heated through.
- ☐ WINES: This light minestrone will pair with a variety of wines. Continue the Italian theme with a Chianti, or go for a light French wine like Beaujolais. Prefer a white? Jim Coley, sommelier at Starker's Restaurant in Kansas City, suggests the Dorigo Pinot Grigio. "The crisp acidity matches well with the broth and vegetables," he says.

Nutrition Facts



Properties

Glycemic Index:91.63, Glycemic Load:8.9, Inflammation Score:-8, Nutrition Score:23.223912943964%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 250.95kcal (12.55%), Fat: 5.75g (8.84%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 21.02g (7.64%), Sugar: 8.98g (9.97%), Cholesterol: 55.57mg (18.52%), Sodium: 984.74mg (42.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Selenium: 61.04µg (87.2%), Vitamin B3: 9.3mg (46.48%), Vitamin B6: 0.9mg (45.1%), Vitamin D: 5.33µg (35.53%), Phosphorus: 344.7mg (34.47%), Potassium: 998.76mg (28.54%), Vitamin K: 28.31µg (26.97%), Manganese: 0.49mg (24.62%), Vitamin E: 3.19mg (21.26%), Vitamin B12: 1.25µg (20.79%), Vitamin A: 1008.13IU (20.16%), Vitamin C: 16.55mg (20.07%), Fiber: 4.46g (17.85%), Magnesium: 67.96mg (16.99%), Iron: 2.96mg (16.46%), Copper: 0.31mg (15.6%), Vitamin B1: 0.18mg (12.1%), Folate: 46.05µg (11.51%), Vitamin B2: 0.15mg (8.71%), Calcium: 85.5mg (8.55%), Vitamin B5: 0.83mg (8.27%), Zinc: 1.04mg (6.92%)