



HEALTH SCORE

74%

Harvest Minestrone



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups butternut squash diced peeled (1 small)
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 1 cup carrots diagonally sliced ()
- ☐ 2 cups cauliflower florets
- ☐ 0.8 cup celery thinly sliced
- ☐ 0.5 cup elbow macaroni uncooked
- ☐ 32 ounce less-sodium chicken broth fat-free canned

- ☐ 2 garlic cloves minced
- ☐ 2 cups cabbage green thinly sliced
- ☐ 2 cups kale thinly sliced ()
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons teaspoons rubbed sage dried fresh finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups tomatoes diced
- ☐ 2 cups water
- ☐ 2 teaspoons or dried fresh finely chopped

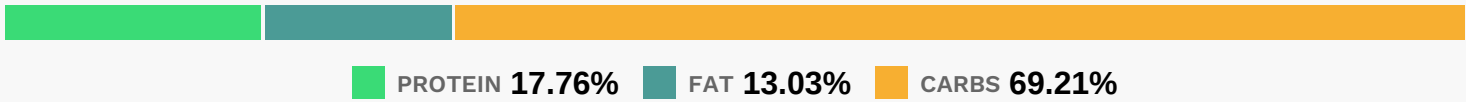
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat until hot.
- ☐ Add onion, carrot, and celery, and saut 6 minutes or until onion is tender.
- ☐ Add tomato and next 7 ingredients (tomato through garlic), and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until vegetables are tender. Stir in broccoli, cabbage, greens, and pasta; cover and cook 5 minutes or until pasta is done. Stir in sage and thyme.

Nutrition Facts



Properties

Glycemic Index:39.1, Glycemic Load:4.99, Inflammation Score:-10, Nutrition Score:22.209130712177%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.15mg, Kaempferol:

1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 175.84kcal (8.79%), Fat: 2.69g (4.14%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 25.22g (9.17%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 651.61mg (28.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Vitamin A: 7410.08IU (148.2%), Vitamin K: 81.95µg (78.05%), Vitamin C: 39.88mg (48.33%), Manganese: 0.76mg (37.99%), Fiber: 6.93g (27.74%), Folate: 103.12µg (25.78%), Potassium: 806.53mg (23.04%), Iron: 3.18mg (17.68%), Magnesium: 69.56mg (17.39%), Vitamin B6: 0.33mg (16.47%), Copper: 0.29mg (14.53%), Phosphorus: 139.24mg (13.92%), Selenium: 9.72µg (13.89%), Calcium: 133.7mg (13.37%), Vitamin E: 1.96mg (13.05%), Vitamin B1: 0.18mg (12.15%), Vitamin B3: 2.09mg (10.45%), Vitamin B5: 0.79mg (7.93%), Zinc: 1.19mg (7.91%), Vitamin B2: 0.13mg (7.36%), Vitamin B12: 0.23µg (3.78%)