



Hearty Minestrone Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby arugula
- 2 bay leaves
- 14 ounce canned tomatoes chopped canned
- 1 carrots diced finely
- 2 rib celery diced finely
- 0.5 teaspoon pepper red crushed
- 0.5 fennel bulb diced cored
- 0.5 cup flat-leaf parsley leaves

- 4 garlic minced
- 1 tablespoon juice of lemon fresh
- 1 chicken broth low-sodium
- 3 tablespoons olive oil extra-virgin
- 1 onion diced finely
- 2 ounces pancetta diced finely
- 4 servings salt and pepper freshly ground
- 2 shallots minced
- 2 tablespoons tomato paste
- 8 ounces beans dried white drained

Equipment

- bowl
- pot

Directions

- In a pot, cover the beans with 2 inches of water and bring to a boil. Simmer over low heat until tender, about 2 hours; add water to keep the beans covered.
- Drain the beans and reserve the cooking liquid.
- Meanwhile, in another pot, heat 2 tablespoons of the oil.
- Add the pancetta and cook over moderate heat until crisp, 4 minutes.
- Add the shallots, celery, onion, carrot and fennel, and cook until softened.
- Add the garlic, crushed pepper and bay leaves and cook, stirring, until fragrant.
- Add the tomato paste and cook, stirring, for 2 minutes. Stir in the tomatoes and broth; bring to a boil. Simmer over low heat for 1 hour.
- Add the beans and enough cooking liquid to thin out the soup. Discard the bay leaves; season with salt and pepper.
- In a bowl, toss the arugula and parsley with the lemon juice and remaining 1 tablespoon of oil. Season with salt and pepper.
- Serve the soup in bowls; top with the salad.

Nutrition Facts

PROTEIN 16.88% FAT 34.92% CARBS 48.2%

Properties

Glycemic Index:89.46, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:34.500000181405%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 424.58kcal (21.23%), Fat: 17.22g (26.49%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 53.45g (17.82%), Net Carbohydrates: 39.91g (14.51%), Sugar: 10.87g (12.08%), Cholesterol: 9.36mg (3.12%), Sodium: 530.1mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.46%), Vitamin K: 165.17µg (157.31%), Vitamin A: 3758.89IU (75.18%), Manganese: 1.46mg (73.16%), Folate: 271.55µg (67.89%), Fiber: 13.54g (54.17%), Potassium: 1752.15mg (50.06%), Iron: 8.69mg (48.29%), Copper: 0.85mg (42.51%), Vitamin C: 31.48mg (38.16%), Magnesium: 152.38mg (38.1%), Phosphorus: 277.75mg (27.77%), Vitamin B1: 0.42mg (27.7%), Vitamin B6: 0.55mg (27.54%), Vitamin E: 3.74mg (24.93%), Calcium: 229.4mg (22.94%), Zinc: 2.91mg (19.42%), Selenium: 12.14µg (17.34%), Vitamin B3: 2.87mg (14.34%), Vitamin B2: 0.2mg (12.04%), Vitamin B5: 1.04mg (10.39%), Vitamin B12: 0.07µg (1.19%)