



Hearty Minestrone with Barley, Sage, and Beans

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 ounce applewood-smoked bacon finely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.3 cup carrots finely chopped 1 medium
- ☐ 0.5 cup celery finely chopped 1 stalk
- ☐ 42 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon flat-leaf parsley fresh chopped

- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups green beans cut into 1-inch pieces
- ☐ 0.3 cup green onions thinly sliced 4
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion finely chopped 1 medium
- ☐ 0.5 cup pearl barley uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups savoy cabbage finely chopped
- ☐ 2 cups water
- ☐ 1.5 cups yukon gold potatoes peeled cut into 1/2-inch cubes 1 medium

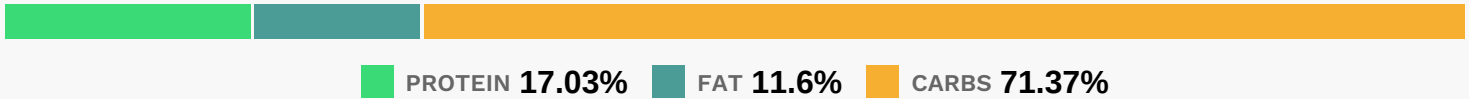
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion and next 8 ingredients (through garlic); saut 5 minutes.
- ☐ Add cabbage and next 5 ingredients (through cannellini beans); bring to a boil. Stir in potato and barley. Reduce heat, and simmer 20 minutes or until potatoes are tender. Stir in green beans; cook 5 minutes.

Nutrition Facts



Properties

Glycemic Index:58.7, Glycemic Load:10.32, Inflammation Score:-8, Nutrition Score:19.480434888083%

Flavonoids

Apigenin: 1.34mg, Apigenin: 1.34mg, Apigenin: 1.34mg, Apigenin: 1.34mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 201.62kcal (10.08%), Fat: 2.7g (4.15%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 29.51g (10.73%), Sugar: 4.03g (4.48%), Cholesterol: 2.34mg (0.78%), Sodium: 729.55mg (31.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.82%), Copper: 2.6mg (129.86%), Manganese: 0.79mg (39.4%), Vitamin K: 39.73µg (37.84%), Fiber: 7.82g (31.29%), Vitamin C: 20.56mg (24.92%), Vitamin A: 1081.08IU (21.62%), Potassium: 720.84mg (20.6%), Folate: 79.62µg (19.91%), Vitamin B6: 0.37mg (18.31%), Iron: 3.22mg (17.88%), Magnesium: 69.26mg (17.31%), Phosphorus: 158.64mg (15.86%), Selenium: 10.36µg (14.8%), Vitamin B1: 0.19mg (12.84%), Vitamin B3: 2.45mg (12.26%), Calcium: 95.34mg (9.53%), Zinc: 1.33mg (8.88%), Vitamin B2: 0.14mg (8.09%), Vitamin B5: 0.64mg (6.38%), Vitamin B12: 0.32µg (5.26%), Vitamin E: 0.75mg (4.98%)