



Hearty Minestrone with Shells

READY IN



50 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 15 oz frangelico diced with juice canned
- ☐ 1 carrots chopped
- ☐ 3 rib celery stalks chopped
- ☐ 3 cloves garlic chopped
- ☐ 4 ounces green beans trimmed cut into 1-inch pieces
- ☐ 8 ounces ground sausage italian
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan grated
- ☐ 6 ounces shells
- ☐ 8 servings salt and pepper
- ☐ 2 cups swiss chard fresh chopped

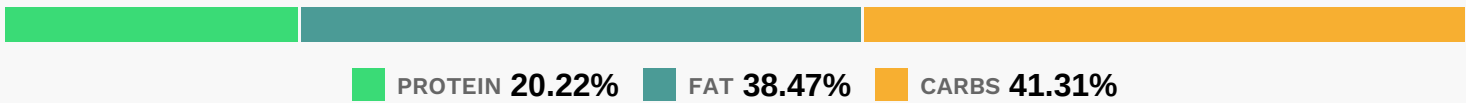
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ In a large pot over medium heat, cook sausage, stirring and breaking up with a wooden spoon until no traces of pink remain, 6 to 8 minutes.
- ☐ Transfer meat to paper towels; drain fat from pot.
- ☐ Add olive oil, onion, garlic, celery and carrot and cook, stirring, until vegetables have softened, 6 to 8 minutes.
- ☐ Stir in chicken broth, tomatoes with juice and 3 cups water and bring to a simmer.
- ☐ Add green beans and chard and simmer until very soft, about 20 minutes. Stir in beans, pasta and reserved sausage and simmer, stirring occasionally, until pasta is al dente, 8 to 10 minutes.
- ☐ Stir in Parmesan and season with salt and pepper. Ladle into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:42.73, Glycemic Load:10.16, Inflammation Score:-9, Nutrition Score:17.731304332614%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 312.88kcal (15.64%), Fat: 13.52g (20.8%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 28.43g (10.34%), Sugar: 2.45g (2.72%), Cholesterol: 25.8mg (8.6%), Sodium: 566.84mg (24.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.97%), Vitamin K: 84.71µg (80.67%), Vitamin A: 1972.95IU (39.46%), Selenium: 23.13µg (33.04%), Manganese: 0.6mg (29.92%), Phosphorus: 225.58mg (22.56%), Vitamin B1: 0.26mg (17.5%), Fiber: 4.24g (16.94%), Potassium: 581.73mg (16.62%), Vitamin B3: 3.22mg (16.08%), Iron: 2.89mg (16.06%), Copper: 0.31mg (15.4%), Magnesium: 59.73mg (14.93%), Calcium: 144.93mg (14.49%), Folate: 51.25µg (12.81%), Vitamin B6: 0.24mg (12.14%), Zinc: 1.81mg (12.1%), Vitamin B2: 0.17mg (9.92%), Vitamin C: 6.83mg (8.27%), Vitamin B12: 0.45µg (7.52%), Vitamin E: 0.99mg (6.62%), Vitamin B5: 0.46mg (4.56%)