



Home-Style Minestrone

READY IN



50 min.

SERVINGS



10

CALORIES



212 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup olive oil extra virgin extra-virgin
- 6 medium cloves garlic chopped
- 2 cups onion yellow finely chopped (2 small)
- 1 cup celery diced (2 medium stalks)
- 1 cup carrots diced (2 medium)
- 1 tablespoon thyme sprigs fresh finely chopped
- 15 oz cannellini beans drained canned
- 1.5 cups canned tomatoes diced organic undrained (half of 28-oz can)
- 4 cups zucchini diced green yellow (5 small)

- 4 oz tubetti uncooked
- 64 oz chicken broth reduced-sodium
- 1 serving pepper black freshly ground
- 0.5 cup parmesan shredded

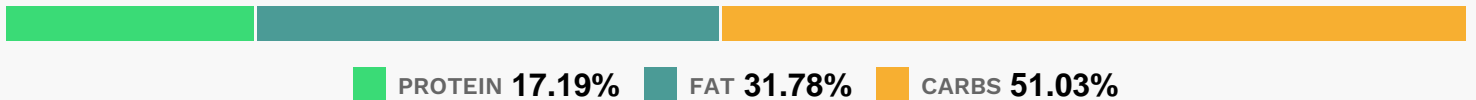
Equipment

- pot

Directions

- In 6-quart stockpot, heat oil over medium-high heat.
- Add garlic; cook and stir until garlic begins to brown. Stir in onions, celery and carrots; cook 8 to 10 minutes, stirring occasionally, until vegetables are tender.
- Stir in rosemary, beans, tomatoes, zucchini, pasta and broth.
- Heat to boiling. Reduce heat; cover and simmer about 20 minutes or until pasta is tender. Season with salt and pepper.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:14.29999990243%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 211.69kcal (10.58%), Fat: 7.73g (11.89%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 23.13g (8.41%), Sugar: 6.2g (6.89%), Cholesterol: 7.03mg (2.34%), Sodium: 826.59mg (35.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.81%), Vitamin A: 2437.75IU (48.76%), Manganese:

0.68mg (33.75%), Vitamin C: 17.34mg (21.01%), Fiber: 4.79g (19.17%), Potassium: 617.03mg (17.63%), Phosphorus: 152.25mg (15.22%), Selenium: 10.48µg (14.98%), Folate: 59.17µg (14.79%), Copper: 0.28mg (14.21%), Calcium: 141.97mg (14.2%), Iron: 2.55mg (14.18%), Vitamin B2: 0.24mg (14.05%), Magnesium: 55.33mg (13.83%), Vitamin B6: 0.28mg (13.81%), Vitamin K: 13.46µg (12.82%), Vitamin E: 1.84mg (12.28%), Vitamin B1: 0.17mg (11.32%), Zinc: 1.29mg (8.6%), Vitamin B3: 1.54mg (7.7%), Vitamin B5: 0.48mg (4.82%), Vitamin B12: 0.1µg (1.6%)