



WHATSheATE



## Home-Style Minestrone

READY IN



50 min.

SERVINGS



10

CALORIES



212 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 15 oz cannellini beans drained canned
- ☐ 1.5 cups canned tomatoes diced organic undrained (half of 28-oz can)
- ☐ 1 cup carrots diced (2 medium)
- ☐ 1 cup celery diced (2 medium stalks)
- ☐ 64 oz chicken broth reduced-sodium
- ☐ 1 tablespoon thyme sprigs fresh finely chopped
- ☐ 6 medium cloves garlic chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup parmesan shredded

- ☐ 10 servings pepper black freshly ground
- ☐ 4 oz tubetti uncooked
- ☐ 2 cups onion yellow finely chopped (2 small)
- ☐ 4 cups zucchini diced green yellow (5 small)

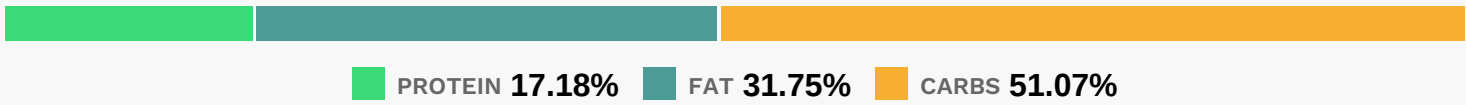
## Equipment

- ☐ 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:4.43, Inflammation Score:-9, Nutrition Score:14.348260860728%

## 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 Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

## Nutrients (% of daily need)

Calories: 211.92kcal (10.6%), Fat: 7.73g (11.89%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 23.16g (8.42%), Sugar: 6.2g (6.89%), Cholesterol: 7.03mg (2.34%), Sodium: 826.61mg (35.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.83%), Vitamin A: 2438.25IU (48.76%), Manganese:

0.69mg (34.33%), Vitamin C: 17.34mg (21.01%), Fiber: 4.81g (19.26%), Potassium: 618.23mg (17.66%), Phosphorus: 152.39mg (15.24%), Selenium: 10.49µg (14.98%), Folate: 59.19µg (14.8%), Copper: 0.29mg (14.27%), Calcium: 142.37mg (14.24%), Iron: 2.56mg (14.23%), Vitamin B2: 0.24mg (14.06%), Magnesium: 55.49mg (13.87%), Vitamin B6: 0.28mg (13.82%), Vitamin K: 13.61µg (12.96%), Vitamin E: 1.84mg (12.29%), Vitamin B1: 0.17mg (11.33%), Zinc: 1.29mg (8.6%), Vitamin B3: 1.54mg (7.7%), Vitamin B5: 0.48mg (4.83%), Vitamin B12: 0.1µg (1.6%)