



Home-Style Minestrone

READY IN



50 min.

SERVINGS



10

CALORIES



212 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 oz cannellini beans drained progresso® canned
- ☐ 1.5 cups canned tomatoes diced organic undrained muir glen® (half of 28-oz can)
- ☐ 1 cup carrots diced (2 medium)
- ☐ 1 cup celery diced (2 medium stalks)
- ☐ 64 oz chicken broth reduced-sodium progresso®
- ☐ 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

- ☐ 4 oz tubetti uncooked
- ☐ 2 cups onion yellow finely chopped (2 small)
- ☐ 4 cups zucchini diced green yellow (5 small)

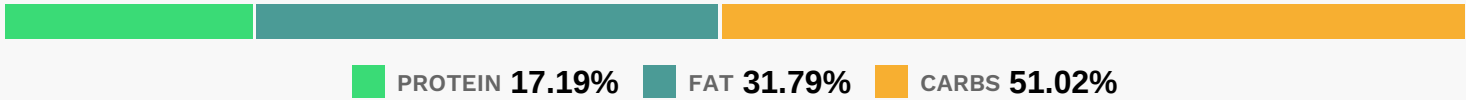
Equipment

- ☐ 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:29.18, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:14.293478138421%

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: 211.67kcal (10.58%), Fat: 7.73g (11.89%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 23.12g (8.41%), Sugar: 6.2g (6.89%), Cholesterol: 7.03mg (2.34%), Sodium: 826.59mg (35.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.81%), Vitamin A: 2437.7IU (48.75%), Manganese: 0.67mg (33.69%), Vitamin C: 17.34mg (21.01%), Fiber: 4.79g (19.16%), Potassium: 616.9mg (17.63%), Phosphorus:

152.23mg (15.22%), Selenium: 10.48µg (14.98%), Folate: 59.17µg (14.79%), Copper: 0.28mg (14.2%), Calcium: 141.93mg (14.19%), Iron: 2.55mg (14.17%), Vitamin B2: 0.24mg (14.05%), Magnesium: 55.32mg (13.83%), Vitamin B6: 0.28mg (13.81%), Vitamin K: 13.44µg (12.8%), Vitamin E: 1.84mg (12.28%), Vitamin B1: 0.17mg (11.32%), Zinc: 1.29mg (8.59%), Vitamin B3: 1.54mg (7.7%), Vitamin B5: 0.48mg (4.81%), Vitamin B12: 0.1µg (1.6%)