



## How to Make Minestrone Soup

 Popular

READY IN



105 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups cabbage chopped to taste
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 28 ounce canned tomatoes crushed fine canned
- ☐ 1 cup celery diced
- ☐ 4 cups chicken broth
- ☐ 1 cup cranberry beans shelled
- ☐ 0.7 cup ditalini pasta
- ☐ 0.3 cup olive oil extra virgin for drizzling

- ☐ 0.3 cup flat-leaf parsley fresh italian chopped
- ☐ 4 cloves garlic minced
- ☐ 6 servings salt and ground pepper black
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 3 ounces pancetta chopped
- ☐ 0.3 cup parmigiano-reggiano cheese finely grated
- ☐ 1 teaspoon pepper flakes red to taste
- ☐ 2 teaspoons salt
- ☐ 1 bunch swiss chard chopped
- ☐ 2 cups water as needed plus more

## Equipment

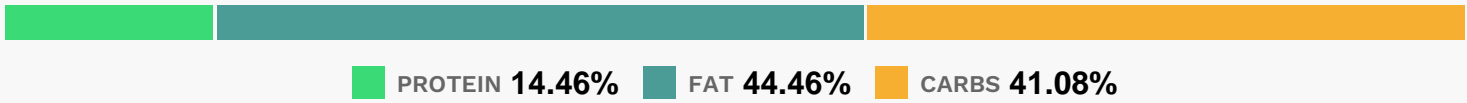
- ☐ bowl
- ☐ ladle
- ☐ pot

## Directions

- ☐ Heat 2 tablespoons olive oil in large stock pot over medium-high heat.
- ☐ Add pancetta; cook and stir until it begins to brown, 2 to 3 minutes. Stir in onions and celery; cook and stir until onions start to turn translucent, about 3 minutes. Stir in minced garlic and cook for another minute.
- ☐ Pour chicken broth, water, and plum tomatoes into the pancetta and onion mixture. Bring to a simmer.
- ☐ Stir cranberry beans, cabbage, garbanzo beans, red pepper flakes, Italian seasoning, and 2 teaspoons salt into broth mixture. Bring to a simmer and cook until cranberry beans are tender, adding more water as needed if the soup becomes too thick, about 45 minutes.
- ☐ Stir in Swiss chard and simmer until softened, about 15 minutes. Season with salt and black pepper to taste.

Stir in pasta and increase heat to medium-high and simmer until pasta is tender, about 15 minutes. Ladle into bowls and top with extra virgin olive oil, Parmigiano-Reggiano cheese, and Italian parsley.

# Nutrition Facts



## Properties

Glycemic Index:56.56, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:32.094782891481%

## Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Apigenin: 5.9mg, Apigenin: 5.9mg, Apigenin: 5.9mg, Apigenin: 5.9mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

## Nutrients (% of daily need)

Calories: 450.71kcal (22.54%), Fat: 23.13g (35.59%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 36.53g (13.28%), Sugar: 9.41g (10.45%), Cholesterol: 15.32mg (5.11%), Sodium: 2026.48mg (88.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.93g (33.86%), Vitamin K: 496.69µg (473.04%), Vitamin A: 3808.64IU (76.17%), Manganese: 1.51mg (75.62%), Vitamin C: 41.62mg (50.45%), Fiber: 11.55g (46.2%), Vitamin B6: 0.78mg (38.81%), Vitamin E: 5.01mg (33.42%), Folate: 130.97µg (32.74%), Copper: 0.64mg (32%), Magnesium: 126.45mg (31.61%), Potassium: 1039.48mg (29.7%), Iron: 5.2mg (28.87%), Selenium: 19.86µg (28.37%), Phosphorus: 274.32mg (27.43%), Vitamin B1: 0.33mg (21.88%), Calcium: 207.47mg (20.75%), Vitamin B2: 0.31mg (18.08%), Vitamin B3: 3.53mg (17.67%), Zinc: 2.2mg (14.64%), Vitamin B5: 1.07mg (10.71%), Vitamin B12: 0.15µg (2.54%)