

health-score 59%

Very Healthy

Hunter's Minestrone

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

944 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices baguette
- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 medium carrots roughly chopped
- ☐ 2 rib celery roughly chopped
- ☐ 2 quarts chicken stock see
- ☐ 0.5 bunch parsley leaves fresh finely minced
- ☐ 1 sprig rosemary fresh

- ☐ 8 sage leaves fresh
- ☐ 1 sprig thyme leaves fresh
- ☐ 1 head garlic halved
- ☐ 6 servings coarsely ground pepper black
- ☐ 56 ounce cannelloni beans drained and rinsed canned
- ☐ 6 servings olive oil extra-virgin
- ☐ 1 onion roughly chopped
- ☐ 1 cup parmigiano-reggiano freshly grated
- ☐ 0.8 pound loose pork sausage sweet italian
- ☐ 0.5 pound rigatoni

Equipment

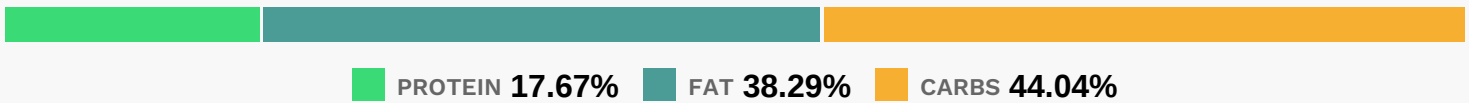
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ broiler

Directions

- ☐ Combine the stock and halved garlic head in a big saucepan and simmer for about 15 minutes to give the stock a nice, garlicky taste; strain out the garlic. Keep warm.
- ☐ Bring a pot of salted water to boil for the rigatoni.
- ☐ Pour 1/4 cup olive oil in a large saucepan.
- ☐ Add the sage, rosemary and thyme and warm the oil over medium heat to infuse it with the flavor of the herbs, 3 to 4 minutes.

- ☐ Add the sausage and cook, breaking up the sausage with the side of a big spoon until well browned. Chop the carrots, celery, and onion in a food processor.
- ☐ Add to the saucepan and cook for 3 to 4 minutes, until the vegetables are softened but not browned.
- ☐ To the pan with the sausage stir in the crushed tomatoes, bay leaf, cannelloni beans, and chicken stock. Bring to a simmer and cook for 15 minutes stirring occasionally.
- ☐ Cook the rigatoni in the boiling water for 6 minutes; it should be slightly underdone.
- ☐ Drain and stir into the simmering soup.
- ☐ Add the parsley, and salt and coarsely ground black pepper, to taste. Discard the bay leaf and herb sprigs.
- ☐ To serve, preheat the broiler.
- ☐ Put the baguette slices in a single layer on a baking sheet.
- ☐ Sprinkle with the Parmigiano and broil until the cheese is bubbly and golden brown, about 3 minutes. Ladle the soup into bowls and float a couple of the baguette slices on top.

Nutrition Facts



Properties

Glycemic Index:79.26, Glycemic Load:40.41, Inflammation Score:-10, Nutrition Score:49.138695861982%

Flavonoids

Apigenin: 10.26mg, Apigenin: 10.26mg, Apigenin: 10.26mg, Apigenin: 10.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 943.56kcal (47.18%), Fat: 40.49g (62.29%), Saturated Fat: 11.2g (70.01%), Carbohydrates: 104.76g (34.92%), Net Carbohydrates: 94.52g (34.37%), Sugar: 16.78g (18.65%), Cholesterol: 61.62mg (20.54%), Sodium: 1685.81mg (73.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.05g (84.09%), Folate: 389.55µg (97.39%), Vitamin C: 79.38mg (96.22%), Vitamin K: 99.54µg (94.8%), Vitamin A: 4275.89IU (85.52%), Selenium: 47.17µg (67.38%), Vitamin B3: 13.18mg (65.91%), Phosphorus: 575.3mg (57.53%), Vitamin B1: 0.81mg (54.28%), Manganese: 1.05mg (52.65%), Iron: 9.36mg (52.02%), Copper: 1.03mg (51.55%), Potassium: 1732.1mg (49.49%),

Calcium: 478.95mg (47.9%), Magnesium: 170.88mg (42.72%), Vitamin B2: 0.72mg (42.2%), Fiber: 10.24g (40.95%),
Vitamin B6: 0.81mg (40.67%), Zinc: 4.78mg (31.84%), Vitamin E: 4.32mg (28.77%), Vitamin B5: 1.36mg (13.56%),
Vitamin B12: 0.68µg (11.37%), Vitamin D: 0.82µg (5.47%)