



Italian Minestrone

 Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon basil dried whole
- ☐ 2 cups coarsely cabbage shredded
- ☐ 1 cup julienne-cut carrot
- ☐ 0.5 cup celery sliced
- ☐ 21 ounce chicken broth low-sodium canned
- ☐ 1 cup elbow macaroni uncooked
- ☐ 2 tablespoons parsley fresh minced
- ☐ 10 ounce pkt spinach frozen thawed chopped

- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup leeks thinly sliced
- ☐ 29 ounce no-salt-added tomatoes whole undrained coarsely chopped canned
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried whole
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 pound kidney beans dried red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon thyme leaves dried whole
- ☐ 5 cups water
- ☐ 1.5 cups zucchini thinly sliced

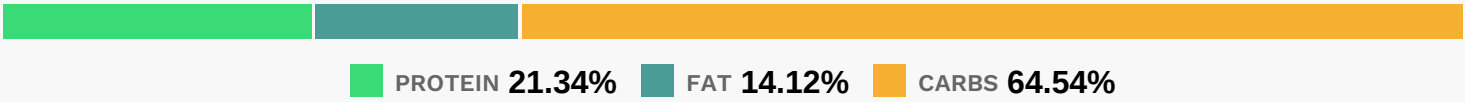
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a Dutch oven. Cover with water to a depth of 2 inches above beans; let soak overnight.
- ☐ Drain beans well; set aside.
- ☐ Add olive oil to pan; place over medium-high heat until hot.
- ☐ Add leeks and next 4 ingredients; saute until tender. Stir in basil and next 4 ingredients; saute 1 minute. Stir in beans, 5 cups water, and chicken broth; bring to a boil. Cover, reduce heat, and simmer 1 hour or until beans are tender, stirring occasionally.
- ☐ Stir in tomato and next 4 ingredients. Bring to a boil; reduce heat, and simmer 15 minutes. Ladle into individual bowls. Top each serving with 1 teaspoon cheese.

Nutrition Facts



Properties

Glycemic Index:25.49, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:21.935652155267%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Pelargonidin: 0.91mg, Pelargonidin: 0.91mg, Pelargonidin: 0.91mg, Pelargonidin: 0.91mg Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 169.95kcal (8.5%), Fat: 2.8g (4.3%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 22.98g (8.36%), Sugar: 4.19g (4.66%), Cholesterol: 1.81mg (0.6%), Sodium: 148.38mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Vitamin K: 125.25µg (119.28%), Vitamin A: 4905.71IU (98.11%), Manganese: 0.69mg (34.6%), Folate: 135.85µg (33.96%), Fiber: 5.78g (23.12%), Vitamin C: 18.35mg (22.24%), Potassium: 675.58mg (19.3%), Iron: 3.39mg (18.84%), Magnesium: 70.96mg (17.74%), Phosphorus: 170.32mg (17.03%), Copper: 0.33mg (16.28%), Vitamin B6: 0.3mg (15.24%), Selenium: 10.47µg (14.96%), Vitamin B1: 0.21mg (13.87%), Calcium: 121.72mg (12.17%), Vitamin B2: 0.2mg (11.56%), Vitamin E: 1.63mg (10.89%), Vitamin B3: 2.17mg (10.84%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.42mg (4.24%), Vitamin B12: 0.08µg (1.3%)