



Italian Pasta and Bean Soup

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 15 ounce kidney beans red rinsed drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 cup carrots sliced
- ☐ 6 ounces ditalini pasta uncooked
- ☐ 2 garlic cloves crushed
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1.5 teaspoons penzey's southwest seasoning dried italian

- ☐ 28 ounce less-sodium beef broth canned
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 cup parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt

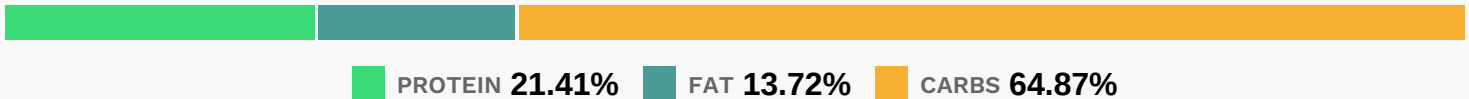
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add onion and next 3 ingredients; saut until vegetables are crisp-tender.
- ☐ Add beef broth and next 6 ingredients; bring to a boil. Cover, reduce heat, and simmer 20 minutes, stirring occasionally.
- ☐ Add pasta to vegetable mixture. Cover and cook 10 to 15 minutes or until pasta is tender. Ladle soup into individual bowls; top each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:37.35, Glycemic Load:8.45, Inflammation Score:-9, Nutrition Score:19.518260995331%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 279.15kcal (13.96%), Fat: 4.4g (6.78%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 37.77g (13.73%), Sugar: 7.97g (8.86%), Cholesterol: 4.25mg (1.42%), Sodium: 710.75mg (30.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Vitamin A: 2976.75IU (59.53%), Manganese: 0.91mg (45.29%), Fiber: 9.07g (36.29%), Potassium: 1027.17mg (29.35%), Selenium: 17.12µg (24.45%), Vitamin C: 19.71mg (23.89%), Copper: 0.47mg (23.66%), Phosphorus: 235.09mg (23.51%), Iron: 4.16mg (23.12%), Magnesium: 83.08mg (20.77%), Folate: 74.23µg (18.56%), Calcium: 184.96mg (18.5%), Vitamin B6: 0.35mg (17.37%), Vitamin B1: 0.23mg (15.38%), Vitamin K: 15.49µg (14.75%), Vitamin E: 2.17mg (14.49%), Zinc: 1.77mg (11.79%), Vitamin B3: 2.16mg (10.81%), Vitamin B2: 0.16mg (9.45%), Vitamin B5: 0.65mg (6.5%), Vitamin B12: 0.08µg (1.25%)