



Italian Vegetable Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 15 ounce kidney beans drained canned
- 28 ounce canned tomatoes crushed peeled canned
- 2 large carrots coarsely chopped
- 1 stalk celery sliced
- 0.8 teaspoon basil dried
- 1 tablespoon parsley dried
- 2 cloves garlic minced

- 0.5 cup green beans frozen
- 0.5 cup macaroni
- 0.3 cup pearl onions frozen
- 1 cube vegetable bouillon
- 29 ounce vegetable broth canned
- 3 small zucchinis cubed

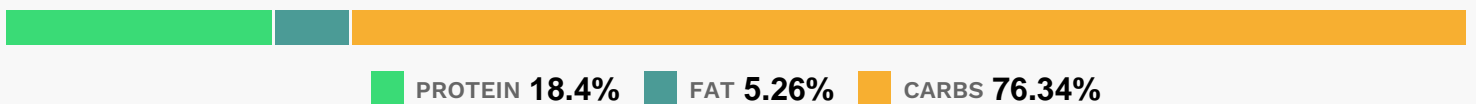
Equipment

- sauce pan
- dutch oven

Directions

- In large saucepan or Dutch oven, bring broth, tomatoes, carrots, frozen green beans, celery, onions, garlic, parsley, basil, bay leaf and vegetable bouillon cube to a boil. Reduce heat. Cover and simmer 15 minutes.
- Stir in macaroni, kidney beans, and zucchini. Bring soup back to a boil, and then reduce heat to simmer. Cover and cook for 10 to 15 minutes.
- Remove bay leaf and serve.

Nutrition Facts



Properties

Glycemic Index:62.81, Glycemic Load:8.53, Inflammation Score:-10, Nutrition Score:20.140434866366%

Flavonoids

Apigenin: 15.2mg, Apigenin: 15.2mg, Apigenin: 15.2mg, Apigenin: 15.2mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 170.77kcal (8.54%), Fat: 1.08g (1.66%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 26.66g (9.7%), Sugar: 12.13g (13.47%), Cholesterol: 0mg (0%), Sodium: 934.82mg (40.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Vitamin A: 4806.05IU (96.12%), Manganese: 0.77mg (38.7%), Fiber: 8.55g (34.2%), Vitamin C: 27.75mg (33.64%), Vitamin K: 28.27µg (26.92%), Potassium: 894.4mg (25.55%), Vitamin B6: 0.45mg (22.39%), Copper: 0.44mg (21.79%), Iron: 3.36mg (18.64%), Magnesium: 72.69mg (18.17%), Phosphorus: 177.06mg (17.71%), Folate: 64.89µg (16.22%), Vitamin B1: 0.24mg (16.16%), Vitamin B3: 2.77mg (13.84%), Vitamin E: 2.01mg (13.39%), Vitamin B2: 0.22mg (12.85%), Selenium: 7.59µg (10.84%), Calcium: 102.36mg (10.24%), Zinc: 1.26mg (8.39%), Vitamin B5: 0.75mg (7.47%)