



Italian Vegetable Soup

READY IN



45 min.

SERVINGS



9

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons beef bouillon granules
- ☐ 15 ounce kidney beans drained canned
- ☐ 14.5 ounce canned tomatoes pasta-style undrained canned
- ☐ 2 carrots sliced
- ☐ 2 celery stalks chopped
- ☐ 1 teaspoon basil dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 9 ounce cut green beans frozen thawed
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 9 servings parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 2 ounces pasta like spaghetti uncooked
- ☐ 2 tablespoons vegetable oil
- ☐ 5 cups water

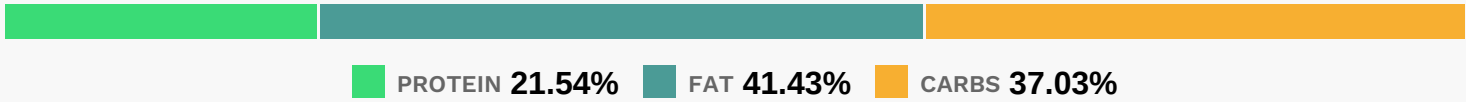
Equipment

- ☐ dutch oven

Directions

- ☐ Saut first 3 ingredients in hot oil in a Dutch oven over medium-high heat until tender.
- ☐ Add 5 cups water and next 7 ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Add carrot and next 3 ingredients; return to a boil. Cover, reduce heat, and simmer 20 minutes or until spaghetti is done.
- ☐ Serve with Parmesan cheese.
- ☐ Note: Soup may be frozen up to 1 month in airtight containers. Thaw in refrigerator, and cook over low heat, stirring occasionally, until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:42.54, Glycemic Load:6.55, Inflammation Score:-9, Nutrition Score:16.173913043478%

Flavonoids

Apigenin: 1.94mg, Apigenin: 1.94mg, Apigenin: 1.94mg, Apigenin: 1.94mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg,

Isorhamnetin: 0.83mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg
Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.2mg, Quercetin: 4.2mg,
Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 253.78kcal (12.69%), Fat: 11.99g (18.45%), Saturated Fat: 5.24g (32.72%), Carbohydrates: 24.12g (8.04%),
Net Carbohydrates: 18.97g (6.9%), Sugar: 5.54g (6.15%), Cholesterol: 26.14mg (8.71%), Sodium: 992.97mg (43.17%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Vitamin A: 2900.7IU (58.01%), Vitamin K:
41.96µg (39.97%), Calcium: 325.82mg (32.58%), Phosphorus: 291.42mg (29.14%), Selenium: 15.91µg (22.73%),
Manganese: 0.44mg (21.98%), Fiber: 5.15g (20.61%), Vitamin C: 11.39mg (13.81%), Potassium: 471.25mg (13.46%),
Zinc: 1.97mg (13.16%), Magnesium: 51.18mg (12.79%), Vitamin B2: 0.21mg (12.41%), Copper: 0.24mg (12.13%), Vitamin
B6: 0.23mg (11.45%), Iron: 2.01mg (11.14%), Folate: 38.92µg (9.73%), Vitamin B1: 0.14mg (9.48%), Vitamin E: 1.24mg
(8.26%), Vitamin B12: 0.42µg (6.94%), Vitamin B3: 1.35mg (6.74%), Vitamin B5: 0.45mg (4.48%)