



## Italian Vegetable Soup with Beans, Spinach & Pesto



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 7 ounces baby spinach loosely packed
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 31 ounce .5 can cannellini beans white undrained canned
- ☐ 3 medium carrots peeled sliced
- ☐ 3 medium celery stalks sliced
- ☐ 6 cups chicken broth in can low-sodium canned
- ☐ 10 servings salt and ground pepper black

- ☐ 1.5 tablespoons olive oil
- ☐ 1 large onion cut into small dice
- ☐ 1 cup peas green frozen
- ☐ 10 servings pesto refrigerated prepared found in grocer's section
- ☐ 1 pound potatoes all-purpose unpeeled cut into medium dice
- ☐ 1 medium bell pepper red yellow stemmed seeded cut into medium dice or

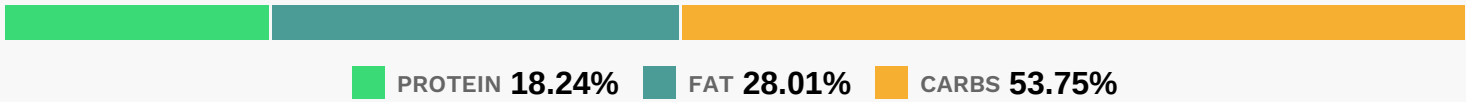
Equipment

- ☐ bowl
- ☐ ladle
- ☐ microwave

Directions

- ☐ Heat oil in a soup kettle over medium-high flame.
- ☐ Add onions, and saute until tender, about 5 minutes.
- ☐ Add carrots, celery, peppers, potatoes, tomatoes, bean and chicken broth; bring to a boil. Reduce heat to low and simmer until vegetables are just tender, about 15 minutes.
- ☐ Add spinach and peas; continue to simmer until spinach wilts, 3 to 4 minutes longer. Season to taste with salt and pepper. Ladle into bowls, adding a spoonful of pesto to each serving of soup.
- ☐ For lunch, pack soup in separate leakproof containers. Warm soup in microwave and top with pesto.

Nutrition Facts



Properties

Glycemic Index:39.89, Glycemic Load:12.91, Inflammation Score:-10, Nutrition Score:26.533913031868%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 282.22kcal (14.11%), Fat: 9.16g (14.09%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 30.9g (11.24%), Sugar: 6.19g (6.88%), Cholesterol: 1.2mg (0.4%), Sodium: 280.85mg (12.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.84%), Vitamin A: 5808.61IU (116.17%), Vitamin K: 110.1µg (104.86%), Vitamin C: 41.94mg (50.84%), Manganese: 0.92mg (45.76%), Fiber: 8.64g (34.57%), Folate: 130.45µg (32.61%), Potassium: 1100.78mg (31.45%), Iron: 4.87mg (27.04%), Copper: 0.48mg (23.86%), Magnesium: 91.63mg (22.91%), Vitamin B6: 0.42mg (21.21%), Phosphorus: 202.5mg (20.25%), Vitamin B3: 3.84mg (19.19%), Vitamin B1: 0.23mg (15.63%), Vitamin E: 2.31mg (15.37%), Calcium: 149.37mg (14.94%), Zinc: 1.77mg (11.78%), Vitamin B2: 0.2mg (11.49%), Vitamin B5: 0.56mg (5.61%), Selenium: 2.39µg (3.41%), Vitamin B12: 0.14µg (2.36%)