



HEALTH SCORE

75%

Italian Vegetable Stew



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 8 servings pepper black freshly ground
- ☐ 28 ounce canned tomatoes whole peeled drained canned
- ☐ 45 ounce cannellini beans white rinsed canned (kidney)
- ☐ 2 medium carrots peeled finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 1 bunch collard greens
- ☐ 4 garlic clove chopped

- ☐ 8 servings kosher salt
- ☐ 1 leek white chopped
- ☐ 1 sprig marjoram
- ☐ 0.5 cup olive oil divided plus more for serving
- ☐ 8 servings parmesan shaved (for serving)
- ☐ 0.5 teaspoons pepper red crushed
- ☐ 3 cups sourdough bread
- ☐ 4 sprigs thyme leaves
- ☐ 8 cups vegetable broth low-sodium
- ☐ 1 bunch frangelico
- ☐ 1 bunch frangelico

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot

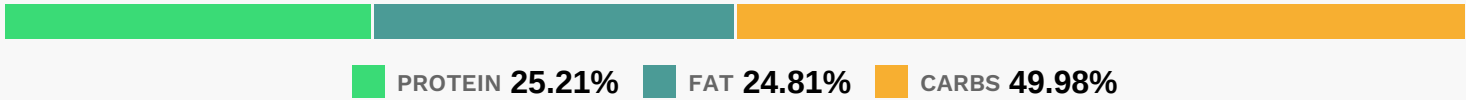
Directions

- ☐ Scatter bread on a rimmed baking sheet in a single layer.
- ☐ Let stand at room temperature to slightly dry out, about 2 hours.
- ☐ Working in batches, cook collards and kale separately in a large pot of boiling salted water until slightly softened, about 3 minutes per batch. Rinse to cool. Squeeze out excess water; roughly chop. Set aside.
- ☐ Heat 1/4 cup oil in a large heavy pot over medium heat.
- ☐ Add carrots, celery, and leek; stir often until softened, 8–10 minutes.
- ☐ Add garlic and red pepper flakes. Cook, stirring until fragrant, about 1 minute.
- ☐ Add tomatoes, crushing with your hands as you add them. Cook, stirring frequently, until liquid is evaporated and tomatoes begin to stick to the bottom of the pot, 10–15 minutes.
- ☐ Add broth, beans, thyme, marjoram, bay leaf, and reserved greens; season with salt and pepper. Bring to a boil, reduce heat, and simmer until flavors meld and soup thickens slightly,

40–50 minutes. DO AHEAD: Soup can be made 2 days ahead.

- ☐ Let cool slightly; chill until cold. Cover and keep chilled. Reheat before continuing. Store bread airtight at room temperature.
- ☐ Just before serving, gently stir bread and 1/4 cup oil into soup. Divide among bowls, top with Parmesan, and drizzle with oil.

Nutrition Facts



Properties

Glycemic Index: 44.54, Glycemic Load: 13.67, Inflammation Score: -10, Nutrition Score: 31.772609130196%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 408.19kcal (20.41%), Fat: 11.56g (17.78%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 40.68g (14.79%), Sugar: 5.87g (6.52%), Cholesterol: 20.4mg (6.8%), Sodium: 907.57mg (39.46%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 26.42g (52.84%), Vitamin K: 122.13µg (116.32%), Vitamin A: 4352.37IU (87.05%), Manganese: 1.25mg (62.41%), Calcium: 583.26mg (58.33%), Fiber: 11.7g (46.81%), Folate: 168.31µg (42.08%), Phosphorus: 402.35mg (40.24%), Iron: 7.05mg (39.16%), Potassium: 1087.28mg (31.07%), Magnesium: 122.25mg (30.56%), Vitamin C: 21.22mg (25.72%), Copper: 0.51mg (25.35%), Vitamin E: 3.21mg (21.37%), Vitamin B1: 0.32mg (21.19%), Zinc: 3mg (19.99%), Vitamin B6: 0.38mg (19.01%), Selenium: 13.09µg (18.7%), Vitamin B2: 0.31mg (18.09%), Vitamin B3: 1.89mg (9.44%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.36µg (6%)