



Main-Dish Minestrone

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup water
- ☐ 1 cup onion chopped
- ☐ 1 cup potatoes – remove skin red cubed unpeeled
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 large cloves garlic finely chopped
- ☐ 9 oz spinach frozen

- ☐ 1.5 oz orzo pasta uncooked
- ☐ 28 oz chicken broth canned
- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 8 oz tomato sauce canned
- ☐ 0.3 cup parsley dried fresh chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper

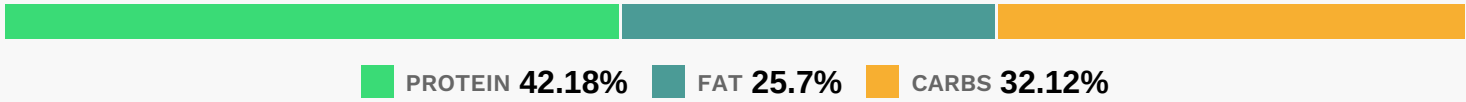
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In 4-quart nonstick saucepan or Dutch oven, heat water to boiling over medium-high heat.
- ☐ Add onions; cook 3 minutes, stirring occasionally.
- ☐ Add potatoes, carrot, celery, bell pepper and garlic; cook 3 minutes, stirring occasionally.
- ☐ Add remaining ingredients.
- ☐ Heat to boiling.
- ☐ Reduce heat; simmer about 20 minutes, stirring occasionally, until potatoes and pasta are tender.

Nutrition Facts



Properties

Glycemic Index:50.14, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:30.437391421069%

Flavonoids

Apigenin: 47.15mg, Apigenin: 47.15mg, Apigenin: 47.15mg, Apigenin: 47.15mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 4.79mg, Isorhamnetin: 4.79mg, Isorhamnetin: 4.79mg, Isorhamnetin: 4.79mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 405.25kcal (20.26%), Fat: 11.56g (17.78%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 25.41g (9.24%), Sugar: 4.22g (4.69%), Cholesterol: 66.15mg (22.05%), Sodium: 973.31mg (42.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.68g (85.36%), Vitamin K: 186.09µg (177.23%), Vitamin A: 7260.23IU (145.2%), Manganese: 1mg (50.11%), Selenium: 33.28µg (47.54%), Phosphorus: 340.79mg (34.08%), Folate: 130.83µg (32.71%), Iron: 5.71mg (31.74%), Zinc: 4.74mg (31.59%), Magnesium: 116.95mg (29.24%), Potassium: 1003.07mg (28.66%), Fiber: 7.09g (28.37%), Vitamin B6: 0.54mg (27.12%), Vitamin B3: 4.44mg (22.18%), Vitamin B12: 1.32µg (22.05%), Vitamin C: 17.2mg (20.85%), Copper: 0.42mg (20.8%), Vitamin E: 3.03mg (20.22%), Vitamin B2: 0.33mg (19.7%), Calcium: 166.52mg (16.65%), Vitamin B1: 0.16mg (10.92%), Vitamin B5: 0.46mg (4.65%)