



 **18%**
HEALTH SCORE

Make Olive Garden's Delicious Pasta Fagioli At Home

READY IN



45 min.

SERVINGS



20

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pd of ground turkey lean
- 1 teaspoon olive oil
- 3 cups onion chopped
- 4 carrots chopped
- 4 celery stalks chopped
- 2 garlic clove minced
- 28 oz canned tomatoes diced canned
- 16 oz beans red rinsed drained canned

- 16 oz kidney beans white rinsed drained canned
- 16 oz great northern beans rinsed drained canned
- 10 oz beef broth reduced-sodium canned
- 24 oz pasta sauce
- 1 zucchini chopped
- 2 tablespoons seasoning italian
- 2 teaspoons pepper fresh to taste
- 6 ounces penne pasta whole wheat
- 20 servings parmesan cheese grated to top each bowl with, optional

Equipment

- bowl
- ladle
- pot
- colander

Directions

- Brown beef in a large soup pot.
- Drain in a colander in sink.
- In the same pot, heat the olive oil.
- Add the onions, carrots, celery, and garlic and cook for 2 minutes. Stir often.
- Add the drained beef back to the pot. Stir in the canned tomatoes, beans, beef broth, spaghetti sauce, zucchini, water, Italian seasonings and pepper.
- Bring soup up to a boil. Turn heat to a simmer, cover and let cook for 50 minutes.
- Add pasta to the soup. Cover and cook for about 10 minutes longer until pasta is ready.
- Ladle soup into a small bowl or cup. Top with grated Parmesan cheese, if desired
- Makes 20 cups

Nutrition Facts



■ PROTEIN 29.08% ■ FAT 30.39% ■ CARBS 40.53%

Properties

Glycemic Index:18.74, Glycemic Load:4.62, Inflammation Score:-9, Nutrition Score:17.534347826087%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Taste

Sweetness: 35.21%, Saltiness: 100%, Sourness: 27.45%, Bitterness: 17.04%, Savoriness: 37.49%, Fattiness: 63.91%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 284.88kcal (14.24%), Fat: 9.84g (15.13%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 22.99g (8.36%), Sugar: 5.87g (6.53%), Cholesterol: 38.57mg (12.86%), Sodium: 904.24mg (39.31%), Protein: 21.18g (42.35%), Vitamin A: 2569.24IU (51.38%), Phosphorus: 359.15mg (35.92%), Calcium: 330.16mg (33.02%), Fiber: 6.52g (26.09%), Selenium: 17.61µg (25.16%), Manganese: 0.48mg (24.12%), Vitamin B6: 0.44mg (22.18%), Potassium: 677.22mg (19.35%), Vitamin B3: 3.6mg (17.99%), Zinc: 2.43mg (16.2%), Magnesium: 62.78mg (15.69%), Vitamin B2: 0.24mg (14.15%), Vitamin C: 11.07mg (13.42%), Iron: 2.41mg (13.39%), Copper: 0.27mg (13.35%), Folate: 52.75µg (13.19%), Vitamin B1: 0.17mg (11.07%), Vitamin K: 11.35µg (10.81%), Vitamin E: 1.39mg (9.24%), Vitamin B12: 0.52µg (8.68%), Vitamin B5: 0.73mg (7.29%), Vitamin D: 0.24µg (1.6%)