



Marvelous Minestrone

READY IN



25 min.

SERVINGS



6

CALORIES



202 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz chickpeas rinsed canned (garbanzo beans)
- 14 oz canned tomatoes diced undrained canned
- 0.5 cup elbow macaroni uncooked
- 28 oz chicken broth fat-free reduced-sodium canned
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 2 cups vegetable blend frozen italian-style

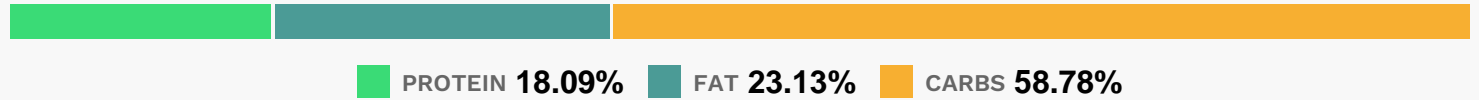
Equipment

sauce pan

Directions

- Bring all ingredients except cheese to boil in large saucepan.
- Simmer on medium-low heat 6 to 8 min. or until macaroni is tender.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:14.22, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:15.169565351761%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 202.06kcal (10.1%), Fat: 5.42g (8.33%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 24.39g (8.87%), Sugar: 3.14g (3.49%), Cholesterol: 3.63mg (1.21%), Sodium: 1032.08mg (44.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin A: 3208.25IU (64.16%), Manganese: 0.91mg (45.34%), Fiber: 6.58g (26.32%), Vitamin B6: 0.51mg (25.58%), Selenium: 13.66µg (19.52%), Phosphorus: 169.55mg (16.95%), Vitamin C: 12.57mg (15.24%), Iron: 2.47mg (13.73%), Copper: 0.27mg (13.64%), Magnesium: 50.43mg (12.61%), Potassium: 436.63mg (12.48%), Vitamin B3: 2.28mg (11.38%), Folate: 44.28µg (11.07%), Calcium: 106.33mg (10.63%), Vitamin B1: 0.15mg (9.95%), Vitamin B2: 0.15mg (8.69%), Zinc: 1.23mg (8.22%), Vitamin K: 7.48µg (7.13%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.32µg (5.35%), Vitamin E: 0.7mg (4.66%)