



Meatball Minestrone

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 45 ounce cannellini beans divided undrained canned
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- 32 ounce chicken broth
- 3 garlic clove minced
- 60 meatballs frozen cooked
- 1 tablespoon olive oil
- 8 servings parmesan fresh shredded chopped
- 0.5 teaspoon pepper dried red crushed

- 8 ounces rotini pasta uncooked
- 10 ounce pkt spinach fresh
- 1.4 ounce savory vegetable

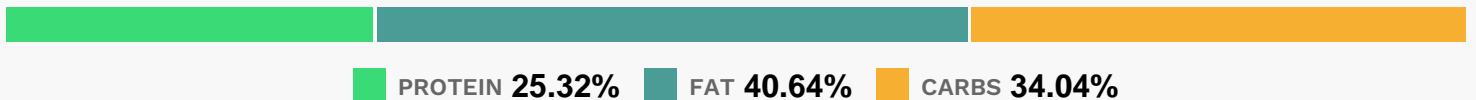
Equipment

- pot

Directions

- Saut garlic in hot oil in a stockpot over medium-high heat 1 minute. Stir in 2 cans of beans and chicken broth, and bring to a boil.
- Stir in vegetable soup mix until dissolved.
- Add meatballs, tomatoes, and red pepper; return to a boil.
- Add rotini, and cook, stirring often, 15 minutes.
- Stir in remaining can of beans and spinach; cook 5 more minutes.
- Garnish, if desired.
- Serve minestrone with breadsticks.
- Note: For testing purposes only, we used Knorr Vegetable Soup
- Mix.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:18.41, Inflammation Score:-10, Nutrition Score:43.423043499822%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 732.79kcal (36.64%), Fat: 33.21g (51.09%), Saturated Fat: 13.69g (85.59%), Carbohydrates: 62.57g (20.86%), Net Carbohydrates: 51.99g (18.91%), Sugar: 4.38g (4.86%), Cholesterol: 98.27mg (32.76%), Sodium: 1070.21mg (46.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.56g (93.12%), Vitamin K: 180.25µg (171.67%), Manganese: 1.59mg (79.74%), Vitamin A: 3966.4IU (79.33%), Selenium: 54.37µg (77.67%), Vitamin B1: 1.06mg (70.5%), Phosphorus: 634.01mg (63.4%), Calcium: 553.06mg (55.31%), Folate: 193.04µg (48.26%), Iron: 8.11mg (45.07%), Potassium: 1502.33mg (42.92%), Magnesium: 170.57mg (42.64%), Fiber: 10.58g (42.33%), Zinc: 5.77mg (38.45%), Vitamin B6: 0.76mg (37.84%), Vitamin B2: 0.59mg (34.68%), Copper: 0.68mg (33.75%), Vitamin B3: 6.52mg (32.58%), Vitamin E: 3.06mg (20.43%), Vitamin C: 16.29mg (19.74%), Vitamin B12: 1.12µg (18.63%), Vitamin B5: 1.45mg (14.46%)