

Merry Minestrone



Vegetarian



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup onion chopped
- ☐ 4 cups chicken broth
- ☐ 4 cups sacramento tomato juice
- ☐ 1 cup wine dry red
- ☐ 1 tablespoon basil dried
- ☐ 1 teaspoon salt

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups zucchini chopped
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks chopped
- ☐ 28 ounces tomatoes diced undrained canned
- ☐ 30 ounces great northern beans rinsed drained canned

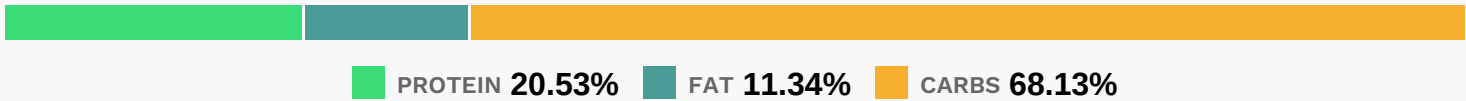
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in 8-quart Dutch oven over medium heat. Cook garlic and onion in oil about 2 minutes, stirring occasionally, until onion is tender.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat. Cover and simmer 1 hour.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:17.075652187285%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 180.85kcal (9.04%), Fat: 2.2g (3.39%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 23.27g (8.46%), Sugar: 7.47g (8.3%), Cholesterol: 1.88mg (0.63%), Sodium: 727.58mg (31.63%), Alcohol: 2.52g (100%), Alcohol %: 0.73% (100%), Protein: 8.97g (17.93%), Vitamin A: 2770.63IU (55.41%), Vitamin C: 32.57mg (39.48%), Manganese: 0.66mg (33.18%), Folate: 109.72µg (27.43%), Fiber: 6.47g (25.89%), Potassium: 845.79mg (24.17%), Vitamin K: 20.36µg (19.39%), Vitamin B6: 0.38mg (18.77%), Magnesium: 75mg (18.75%), Iron: 3.17mg (17.61%), Phosphorus: 172.89mg (17.29%), Vitamin B1: 0.25mg (16.66%), Copper: 0.3mg (15.07%), Vitamin B2: 0.22mg (13.24%), Calcium: 109.24mg (10.92%), Vitamin B3: 2.13mg (10.63%), Vitamin E: 1.2mg (8.03%), Vitamin B5: 0.71mg (7.1%), Zinc: 1.05mg (7.01%), Selenium: 4.48µg (6.4%)