



## Minestra

READY IN



45 min.

SERVINGS



8

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 1 carrots chopped
- 0.5 cup celery chopped
- 8 ounces extra wide egg noodles cooked
- 16 ounce cranberry beans dried
- 4 garlic cloves minced
- 2 tablespoons olive oil
- 1 large onion minced
- 0.5 teaspoon pepper dried red crushed

- 8 servings romano cheese grated
- 1.5 teaspoons salt
- 0.3 pound salt pork minced
- 3 quarts water

## Equipment

- blender
- dutch oven

## Directions

- Place beans in a large Dutch oven. Cover with water 2 inches above beans; soak 8 hours.
- Drain.
- Saut salt pork, garlic, and salt in hot oil in Dutch oven until fat is cooked from pork.
- Add chopped celery, carrot, and onion, and saut 4 to 5 minutes or until tender.
- Add beans and 3 quarts water, and bring to a boil over medium-high heat. Reduce heat, and simmer, stirring occasionally, 1 hour and 30 minutes or until tender, adding hot water as needed to keep beans covered with liquid. Stir in peppers.
- Process half of cooked beans in batches in a blender until smooth, stopping once to scrape down sides; return to Dutch oven.
- Add pasta, and cook over low heat, stirring constantly, until thoroughly heated.
- Serve with cheese.

## Nutrition Facts



**PROTEIN 19.96%** **FAT 43.66%** **CARBS 36.38%**

## Properties

Glycemic Index:30.6, Glycemic Load:4.52, Inflammation Score:-9, Nutrition Score:24.116086985754%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg,

Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg  
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.87mg, Quercetin:  
3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## **Nutrients (% of daily need)**

Calories: 496.86kcal (24.84%), Fat: 24.36g (37.47%), Saturated Fat: 10.1g (63.13%), Carbohydrates: 45.66g (15.22%),  
Net Carbohydrates: 30.54g (11.11%), Sugar: 1.6g (1.78%), Cholesterol: 51.61mg (17.2%), Sodium: 1212.53mg (52.72%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Folate: 354.09µg (88.52%), Fiber: 15.12g  
(60.47%), Phosphorus: 480.52mg (48.05%), Calcium: 420mg (42%), Manganese: 0.72mg (35.97%), Vitamin B1:  
0.49mg (32.81%), Vitamin A: 1472.7IU (29.45%), Magnesium: 115.73mg (28.93%), Copper: 0.57mg (28.66%),  
Selenium: 19.53µg (27.9%), Potassium: 881.25mg (25.18%), Zinc: 3.26mg (21.77%), Iron: 3.47mg (19.27%), Vitamin B2:  
0.26mg (15.44%), Vitamin B6: 0.28mg (14.24%), Vitamin B5: 0.73mg (7.28%), Vitamin B12: 0.4µg (6.71%), Vitamin B3:  
1.34mg (6.68%), Vitamin K: 6.26µg (5.97%), Vitamin E: 0.74mg (4.96%), Vitamin C: 2.5mg (3.03%), Vitamin D: 0.21µg  
(1.38%)