



HEALTH SCORE

61%

Minestra



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce .5 can cannellini beans drained
- ☐ 1 quart chicken stock see prepared
- ☐ 4 servings coarse salt and pepper black
- ☐ 2 pounds endive washed and coarsely chopped 2 medium bunches or 1 large bunch
- ☐ 4 cloves garlic crushed
- ☐ 2 pinches a couple ground nutmeg fresh grated
- ☐ 2 tablespoons olive oil extra-virgin 2 turns around the pan in a slow stream
- ☐ 1 medium onion chopped

- ☐ 0.1 pound pancetta sliced chopped
- ☐ 4 servings parmigiano-reggiano shaved for topping
- ☐ 4 servings warm for mopping

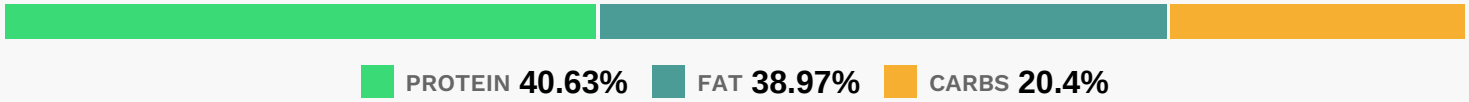
Equipment

- ☐ pot

Directions

- ☐ In a deep, large, heavy pot over moderate heat, saute garlic and pancetta in extra-virgin olive oil for 3 minutes.
- ☐ Add onions and cook 1 or 2 minutes longer.
- ☐ Add the greens and wilt them down to fit them all in the pot.
- ☐ Add beans, broth, and nutmeg, salt and pepper. Cook over moderate to medium-high heat for 12 minutes, or until greens are no longer bitter.
- ☐ Serve with shaved cheese, bread, and good red wine.

Nutrition Facts



Properties

Glycemic Index:69.88, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:50.16173942711%

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 Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 23.09mg, Kaempferol: 23.09mg, Kaempferol: 23.09mg, Kaempferol: 23.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 835.94kcal (41.8%), Fat: 36.76g (56.56%), Saturated Fat: 12.31g (76.96%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 26.1g (9.49%), Sugar: 2.19g (2.44%), Cholesterol: 207.2mg (69.07%), Sodium: 1430.07mg (62.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.22g (172.45%), Vitamin K: 528.79µg (503.61%), Vitamin A: 5252.55IU (105.05%), Vitamin B3: 20.31mg (101.56%), Selenium: 69.11µg (98.73%), Folate: 342.9µg

(85.73%), Phosphorus: 761.04mg (76.1%), Fiber: 17.19g (68.77%), Calcium: 634.69mg (63.47%), Vitamin B6: 1.15mg (57.62%), Manganese: 1.11mg (55.31%), Iron: 9.54mg (53%), Vitamin B5: 4.61mg (46.1%), Zinc: 6.48mg (43.22%), Potassium: 1364.8mg (38.99%), Vitamin B2: 0.64mg (37.9%), Vitamin B1: 0.41mg (27.09%), Magnesium: 103.34mg (25.84%), Vitamin C: 17.73mg (21.49%), Copper: 0.4mg (20.07%), Vitamin B12: 1.12µg (18.62%), Vitamin E: 2.14mg (14.29%), Vitamin D: 0.21µg (1.38%)