



Minestrone

READY IN



40 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion coarsely chopped
- 1 cup bell pepper green coarsely chopped
- 29 oz stewed tomatoes with basil, garlic and oregano, undrained italian-style canned
- 28 oz vegetable stock canned
- 15 oz kidney beans dark red rinsed drained canned
- 4 oz shells uncooked
- 1 medium to 3 sized squashes yellow cut in half lengthwise, cut crosswise into slices (1 1/2 cups)
- 0.3 cup basil pesto

1 serving parmesan shredded

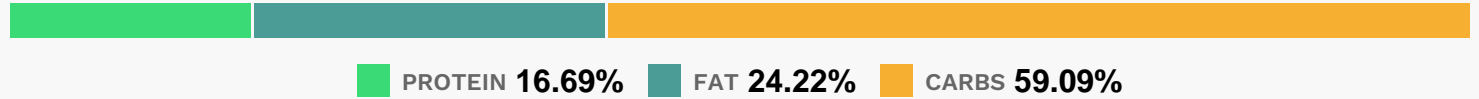
Equipment

sauce pan

Directions

- In 3-quart saucepan, heat oil over medium-high heat.
- Add onion and bell pepper; cook 3 to 5 minutes, stirring occasionally, until crisp-tender.
- Stir in tomatoes, broth and beans.
- Heat to boiling. Reduce heat to medium-low; simmer uncovered 5 minutes.
- Stir in pasta and squash.
- Heat to boiling over medium-high heat. Boil 8 to 10 minutes, stirring occasionally, until pasta is tender. Top individual servings with pesto; swirl in slightly.
- Garnish with shredded Parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:53.57, Glycemic Load:16.13, Inflammation Score:-9, Nutrition Score:26.493478215259%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 16.19mg, Quercetin: 16.19mg, Quercetin: 16.19mg

Nutrients (% of daily need)

Calories: 454.28kcal (22.71%), Fat: 12.61g (19.41%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 69.26g (23.09%), Net Carbohydrates: 56.33g (20.48%), Sugar: 14.24g (15.83%), Cholesterol: 6.34mg (2.11%), Sodium: 1520.62mg (66.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.13%), Vitamin C: 58.75mg (71.21%), Manganese: 1.07mg (53.63%), Fiber: 12.93g (51.72%), Folate: 179.64µg (44.91%), Iron: 6.76mg (37.57%), Potassium: 1175.97mg (33.6%), Phosphorus: 335.37mg (33.54%), Selenium: 22.41µg (32.02%), Copper: 0.64mg (31.85%), Vitamin A: 1383.89IU (27.68%), Magnesium: 106.88mg (26.72%), Calcium: 239.63mg (23.96%), Vitamin B1: 0.36mg

(23.75%), Vitamin K: 24.66µg (23.48%), Vitamin B6: 0.45mg (22.39%), Zinc: 2.35mg (15.68%), Vitamin B2: 0.27mg (15.67%), Vitamin B3: 3.05mg (15.24%), Vitamin E: 2.27mg (15.12%), Vitamin B5: 0.79mg (7.86%), Vitamin B12: 0.09µg (1.5%)