



Minestrone

READY IN



40 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil pesto
- 1 cup bell pepper green coarsely chopped
- 1 cup onion coarsely chopped
- 4 servings parmesan shredded
- 4 oz shells uncooked
- 15 oz kidney beans dark red rinsed drained canned
- 29 oz stewed tomatoes with basil, garlic and oregano, undrained italian-style canned
- 28 oz vegetable stock canned
- 1 tablespoon vegetable oil

1 medium to 3 sized squashes yellow cut in half lengthwise, cut crosswise into slices (1 1/2 cups)

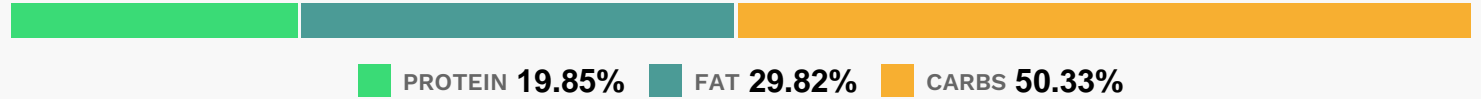
Equipment

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:16.32, Inflammation Score:-9, Nutrition Score:29.774347761403%

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: 542.48kcal (27.12%), Fat: 18.43g (28.35%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 69.98g (23.33%), Net Carbohydrates: 57.05g (20.75%), Sugar: 14.42g (16.03%), Cholesterol: 21.64mg (7.21%), Sodium: 1881.07mg (81.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.21%), Vitamin C: 58.75mg (71.21%), Manganese: 1.08mg (53.86%), Fiber: 12.93g (51.72%), Calcium: 506.03mg (50.6%), Phosphorus: 491.52mg (49.15%), Folate: 181.22µg (45.3%), Selenium: 27.47µg (39.25%), Iron: 6.95mg (38.59%), Potassium: 1196.67mg (34.19%), Copper: 0.64mg (32.21%), Vitamin A: 1559.61IU (31.19%), Magnesium: 116.78mg (29.2%), Vitamin B1: 0.37mg

(24.33%), Vitamin K: 25.04µg (23.85%), Vitamin B6: 0.47mg (23.42%), Vitamin B2: 0.34mg (20.06%), Zinc: 2.97mg (19.8%), Vitamin B3: 3.11mg (15.55%), Vitamin E: 2.32mg (15.45%), Vitamin B5: 0.89mg (8.88%), Vitamin B12: 0.36µg (6%)