



HEALTH SCORE

100%

Minestrone



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli chopped
- ☐ 0.5 small head cabbage shredded ()
- ☐ 42 ounce beef broth low-sodium canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 30 ounce cannellini beans white drained canned ()
- ☐ 2 carrots chopped
- ☐ 2 celery stalks chopped
- ☐ 0.3 pound green beans cut into 1-inch pieces (1 cup)

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 4 servings parmesan freshly grated
- ☐ 1 cup pasta like spaghetti dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup water
- ☐ 2 yukon gold potatoes peeled cut into 1-inch chunks

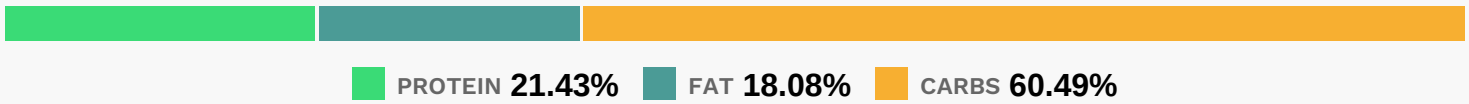
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Warm the oil in a large saucepan or stockpot over medium-high heat.
- ☐ Add the onion, carrots, and celery and cook until tender but not brown, about 5 minutes.
- ☐ Add the broth, water, potatoes, beans, cabbage, pasta, thyme, and salt. Increase heat to high and bring to a boil. Reduce heat to medium and simmer, partially covered, 15 minutes.
- ☐ Add the tomatoes, beans, and broccoli and cook 5 to 10 minutes more or until all the vegetables are tender.
- ☐ Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:123.65, Glycemic Load:45.71, Inflammation Score:-10, Nutrition Score:52.982608546381%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg

Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

Nutrients (% of daily need)

Calories: 825.11kcal (41.26%), Fat: 16.98g (26.12%), Saturated Fat: 6.38g (39.85%), Carbohydrates: 127.77g (42.59%), Net Carbohydrates: 106.68g (38.79%), Sugar: 14.84g (16.49%), Cholesterol: 20.4mg (6.8%), Sodium: 1524.25mg (66.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.27g (90.53%), Vitamin A: 6005.9IU (120.12%), Vitamin K: 125.23µg (119.27%), Manganese: 2.32mg (115.76%), Vitamin C: 87.38mg (105.92%), Fiber: 21.08g (84.33%), Potassium: 2820.88mg (80.6%), Selenium: 49.62µg (70.88%), Phosphorus: 665.87mg (66.59%), Calcium: 648.04mg (64.8%), Folate: 253.37µg (63.34%), Iron: 10.55mg (58.59%), Magnesium: 224.53mg (56.13%), Copper: 1.04mg (52.12%), Vitamin B6: 0.96mg (47.76%), Vitamin B1: 0.55mg (36.36%), Zinc: 5.04mg (33.59%), Vitamin E: 4.75mg (31.65%), Vitamin B2: 0.42mg (24.51%), Vitamin B3: 4.4mg (21.98%), Vitamin B5: 1.84mg (18.37%), Vitamin B12: 0.36µg (6%)