



 **37%**  
HEALTH SCORE

## Minestrone

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**9**

CALORIES



**403 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 tablespoons butter
- 4 carrots chopped
- 3 Stalks celery chopped
- 2 onion chopped
- 1 Clove garlic minced
- 1 Head cabbage chopped
- 1 canned tomatoes canned
- 8 cups water

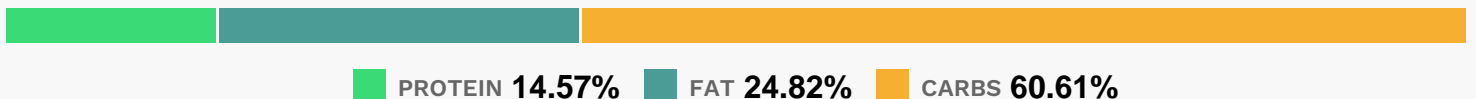
- 1 cup brown rice uncooked
- 1 teaspoon salt
- 1 tablespoon worcestershire sauce
- 1 teaspoon seasoning mixed italian
- 0.3 teaspoon pepper
- 4 potatoes coarsely chopped
- 4 beef bouillon cubes
- 2 zucchini sliced
- 2 can kidney beans drained
- 10 ounces spinach frozen chopped
- 0.8 cup parmesan cheese grated

## Equipment

## Directions

- Melt butter in large soup kettle; saute carrots, celery, onions, garlic, and cabbage, about 20 minutes; stir often.
- Add tomatoes, water, rice, seasonings, potatoes, bouillon cubes and zucchini. Bring to a boil. Reduce heat and simmer covered, at least 30 minutes.
- Add beans and spinach; return to a boil and cook over medium heat until spinach is cooked; add more water if needed.
- Garnish with Parmesan.
- Serves 9

## Nutrition Facts



## Properties

Glycemic Index:57.15, Glycemic Load:29.19, Inflammation Score:-10, Nutrition Score:35.051739130435%

## Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

## Taste

Sweetness: 25.47%, Saltiness: 100%, Sourness: 24.12%, Bitterness: 40.77%, Savoriness: 33.94%, Fattiness: 48.04%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 403.12kcal (20.16%), Fat: 11.53g (17.74%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 63.35g (21.12%), Net Carbohydrates: 49.84g (18.12%), Sugar: 10.1g (11.22%), Cholesterol: 27.39mg (9.13%), Sodium: 1265.78mg (55.03%), Protein: 15.23g (30.46%), Vitamin K: 211.53µg (201.46%), Vitamin A: 8782.23IU (175.64%), Manganese: 1.81mg (90.54%), Vitamin C: 70.1mg (84.96%), Fiber: 13.51g (54.05%), Vitamin B6: 0.81mg (40.58%), Folate: 161.71µg (40.43%), Potassium: 1313.25mg (37.52%), Phosphorus: 355.56mg (35.56%), Magnesium: 140.05mg (35.01%), Vitamin B1: 0.42mg (28.07%), Calcium: 245.28mg (24.53%), Copper: 0.47mg (23.35%), Iron: 4.04mg (22.46%), Vitamin B2: 0.33mg (19.35%), Vitamin B3: 3.43mg (17.16%), Zinc: 2.36mg (15.7%), Vitamin B5: 1.24mg (12.43%), Vitamin E: 1.67mg (11.13%), Selenium: 7.45µg (10.64%), Vitamin B12: 0.15µg (2.44%)