



 **53%**
HEALTH SCORE

Minestrone Bowl

READY IN



45 min.

SERVINGS



7

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 14.5 ounce canned tomatoes diced undrained canned
- 16 ounce cannellini beans white rinsed drained canned
- 1 cup carrots chopped
- 1 cup celery chopped
- 3.5 cups linguine hot cooked uncooked (7 ounces pasta)
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 5 garlic clove chopped

- 8 ounces ham chopped
- 1 tablespoon olive oil
- 2 cups onion chopped
- 0.3 cup parmesan fresh grated (1 ounce)
- 0.3 teaspoon salt
- 0.5 cup sun-dried olives
- 2 cups water boiling
- 6 cups water
- 1 zucchini halved lengthwise sliced

Equipment

- bowl
- sieve
- dutch oven

Directions

- Combine the sun-dried tomatoes and boiling water in a bowl; let stand 30 minutes.
- Drain sun-dried tomatoes through a sieve into a bowl, reserving sun-dried tomatoes and soaking liquid.
- Cut tomatoes into julienne strips.
- Heat oil in a large Dutch oven over medium-high heat.
- Add sun-dried tomatoes, ham, and next 4 ingredients (ham through garlic), and saut 5 minutes.
- Add reserved soaking liquid, 6 cups water, and diced tomatoes; bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- Add zucchini and beans; cook 5 minutes. Stir in basil, salt, and pepper.
- Place pasta into each of 7 large bowls; top with broth mixture and cheese.

Nutrition Facts



■ PROTEIN 21.46% ■ FAT 23.12% ■ CARBS 55.42%

Properties

Glycemic Index:71.05, Glycemic Load:17.69, Inflammation Score:-10, Nutrition Score:24.198260841162%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 374.58kcal (18.73%), Fat: 9.85g (15.15%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 53.1g (17.7%), Net Carbohydrates: 44.68g (16.25%), Sugar: 9.89g (10.99%), Cholesterol: 22.52mg (7.51%), Sodium: 657mg (28.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Vitamin A: 3491.12IU (69.82%), Manganese: 1.06mg (52.88%), Selenium: 29.8µg (42.57%), Fiber: 8.42g (33.7%), Potassium: 1115.98mg (31.89%), Copper: 0.57mg (28.75%), Iron: 5.06mg (28.12%), Phosphorus: 280.24mg (28.02%), Vitamin B1: 0.41mg (27.48%), Magnesium: 98.91mg (24.73%), Vitamin B6: 0.49mg (24.55%), Vitamin K: 25.16µg (23.97%), Vitamin C: 19.38mg (23.49%), Folate: 86.73µg (21.68%), Vitamin B3: 3.69mg (18.43%), Zinc: 2.56mg (17.06%), Calcium: 168.39mg (16.84%), Vitamin B2: 0.25mg (14.85%), Vitamin E: 1.92mg (12.82%), Vitamin B5: 0.91mg (9.11%), Vitamin B12: 0.25µg (4.17%), Vitamin D: 0.24µg (1.63%)