

food
network



HEALTH SCORE

100%

Minestrone Col Pesto



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



750 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 pound borlotti beans or pinto
- ☐ 4 stalks celery
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 2 leeks cleaned cut into 1/2 inch moons
- ☐ 1 pound cannelloni beans white or
- ☐ 6 ounces shells pasta
- ☐ 0.5 cup pesto
- ☐ 4 plum tomatoes

- ☐ 2 potatoes peeled halved
- ☐ 1 medium onion red
- ☐ 4 servings salt and pepper to taste
- ☐ 2 medium zucchini

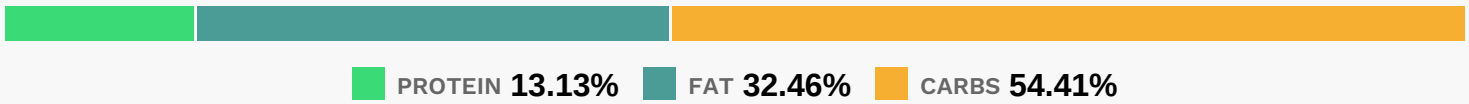
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Soak beans separately overnight and drain.
- ☐ In a large sauce pot, place both kinds of beans, onions, zucchini, tomatoes, celery, potatoes, leeks and olive oil and cover by 1 inch with cool water. Cover pot and bring to a boil. Lower heat and simmer 1 1/2 hours until beans are tender.
- ☐ Add pasta, turn heat to a boil and cook until "al dente". Divide among bowls and top each bowl of minestrone with a dollop of pesto.

Nutrition Facts



Properties

Glycemic Index:73.44, Glycemic Load:31.36, Inflammation Score:-10, Nutrition Score:38.920869537022%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 750.11kcal (37.51%), Fat: 27.62g (42.5%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 104.16g (34.72%), Net Carbohydrates: 83.29g (30.29%), Sugar: 10.48g (11.64%), Cholesterol: 2.48mg (0.83%), Sodium: 553.74mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Folate: 453.75µg (113.44%), Vitamin

C: 79.45mg (96.3%), Fiber: 20.87g (83.49%), Manganese: 1.51mg (75.39%), Potassium: 1846.2mg (52.75%), Vitamin K: 52.35µg (49.86%), Vitamin A: 2261.51IU (45.23%), Magnesium: 178.42mg (44.61%), Selenium: 29.61µg (42.3%), Phosphorus: 422.52mg (42.25%), Vitamin B6: 0.84mg (42.1%), Iron: 6.86mg (38.13%), Copper: 0.75mg (37.3%), Vitamin B1: 0.48mg (31.76%), Calcium: 250.07mg (25.01%), Zinc: 3.23mg (21.51%), Vitamin E: 3.05mg (20.32%), Vitamin B3: 3.58mg (17.89%), Vitamin B2: 0.29mg (16.78%), Vitamin B5: 1.22mg (12.2%)