



Minestrone in Minutes

READY IN



25 min.

SERVINGS



25

CALORIES



81 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz .5 can cannellini beans rinsed canned
- 28 oz tomatoes diced italian-style undrained canned
- 28 oz chicken broth fat-free reduced-sodium canned
- 1 cup rotini pasta uncooked
- 7 oz milk mozzarella cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 1 lb vegetable blend frozen (broccoli, cauliflower, carrots)

Equipment

sauce pan

Directions

- Combine all ingredients except cheese in saucepan. Bring to boil on high heat, stirring occasionally.
- Simmer on medium-low heat 10 min. or until chicken is done and pasta is tender, stirring occasionally.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:2.4, Inflammation Score:-6, Nutrition Score:5.9699999469778%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 80.73kcal (4.04%), Fat: 2.28g (3.51%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 7.39g (2.69%), Sugar: 1g (1.11%), Cholesterol: 12.08mg (4.03%), Sodium: 245.08mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin A: 1014.87IU (20.3%), Selenium: 6.84µg (9.78%), Manganese: 0.19mg (9.28%), Phosphorus: 87.4mg (8.74%), Vitamin B3: 1.64mg (8.22%), Fiber: 1.94g (7.75%), Vitamin B6: 0.14mg (7.21%), Calcium: 69.11mg (6.91%), Potassium: 229.86mg (6.57%), Iron: 1.13mg (6.29%), Vitamin C: 4.95mg (6%), Magnesium: 22.06mg (5.51%), Folate: 20.53µg (5.13%), Copper: 0.09mg (4.73%), Vitamin B2: 0.08mg (4.64%), Vitamin B12: 0.26µg (4.38%), Vitamin B1: 0.07mg (4.35%), Zinc: 0.64mg (4.27%), Vitamin B5: 0.29mg (2.87%), Vitamin E: 0.39mg (2.57%), Vitamin K: 1.62µg (1.54%)