



Minestrone pasta pot

READY IN



35 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 2 tbsp tomato purée
- ☐ 300 g vegetables mixed frozen (including peas, sweetcorn, carrots and broccoli, but not the chunky stewpacks)
- ☐ 700 ml vegetable stock hot
- ☐ 175 g pasta shapes such as conchigliette
- ☐ 220 g baked beans canned
- ☐ 4 servings cheddar grated

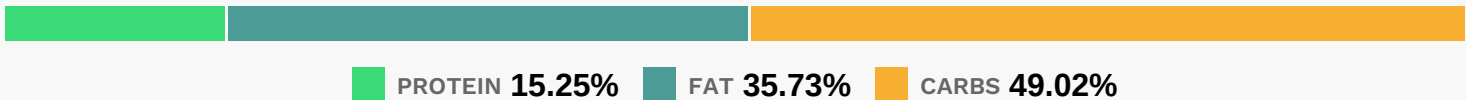
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a saucepan over a medium heat and gently fry the onion for a few minutes until it starts to soften. Stir in the tomato pure, then tip in the frozen vegetables and pour in the stock.
- ☐ Bring to the boil, add the pasta and stir. Cover and simmer for 12–14 minutes or until the pasta is cooked.
- ☐ Stir in the beans and heat through, then taste for seasoning.
- ☐ Serve hot, with a bowl of grated cheddar for sprinkling over the top.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:21.29, Inflammation Score:-10, Nutrition Score:20.278695759566%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 471.62kcal (23.58%), Fat: 19.14g (29.44%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 59.07g (19.69%), Net Carbohydrates: 51.19g (18.62%), Sugar: 3.87g (4.3%), Cholesterol: 33.85mg (11.28%), Sodium: 1160.16mg (50.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Vitamin A: 4520.5IU (90.41%), Selenium: 39.17µg (55.96%), Manganese: 0.82mg (41.09%), Phosphorus: 332.01mg (33.2%), Fiber: 7.87g (31.5%), Calcium: 274.72mg (27.47%), Zinc: 2.92mg (19.45%), Magnesium: 71.58mg (17.89%), Copper: 0.35mg (17.71%), Folate: 59.93µg (14.98%), Vitamin B2: 0.25mg (14.96%), Potassium: 510.35mg (14.58%), Iron: 2.48mg (13.79%), Vitamin C: 11.04mg (13.39%), Vitamin B1: 0.18mg (11.92%), Vitamin B6: 0.22mg (11.06%), Vitamin B3: 2.08mg (10.41%),

Vitamin E: 1.44mg (9.61%), Vitamin B5: 0.55mg (5.46%), Vitamin B12: 0.32µg (5.3%), Vitamin K: 5.32µg (5.07%),
Vitamin D: 0.18µg (1.2%)