



Minestrone Siciliano

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup arborio rice
- ☐ 1 carrots peeled cut into 1/2 moon shapes
- ☐ 1 celery stalk cut into large dice
- ☐ 6 cups chicken stock see hot
- ☐ 6 basil leaves fresh chopped
- ☐ 1 clove garlic thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion cut into large dice

- ☐ 2 orange bell peppers red yellow cored seeded cut into strips
- ☐ 6 servings parmigiano-reggiano freshly grated
- ☐ 1 tablespoon parsley leaves fresh italian chopped
- ☐ 0.3 cup end of prosciutto boiled
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 small zucchini

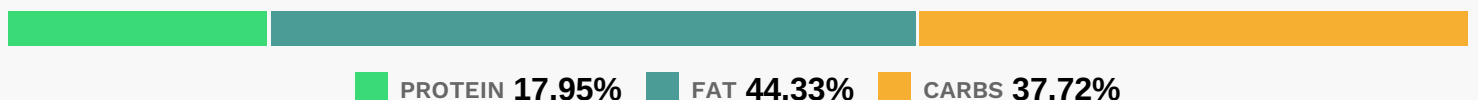
Equipment

- ☐ pot

Directions

- ☐ In a heavy-bottomed soup pot, heat 2 tablespoons olive oil over medium heat until hot, but not smoking.
- ☐ Add the onion and cook, stirring for 1 minute. Lower the heat to low, and add the celery, carrots and garlic. Allow to simmer over low heat until the vegetables begin to soften, about 10 minutes.
- ☐ Add the ham pieces and cook 2 more minutes, stirring occasionally.
- ☐ Add the tomatoes and the parsley. Cook for 5 more minutes so that the flavors meld.
- ☐ Add the hot water or stock and season with salt and pepper. Bring the mixture to a boil, and add the zucchini and the rice. Bring back to a boil and then lower the heat so that the liquid is simmering.
- ☐ Let simmer gently until the rice is cooked, about 40 minutes. Remember to stir the soup occasionally.
- ☐ Add more water or stock, if necessary.
- ☐ When the rice is cooked, add the roasted peppers and remove the soup from the heat. Stir in Parmesan, to taste, and top each serving with some chopped basil.

Nutrition Facts



Properties

Glycemic Index:78.47, Glycemic Load:18.92, Inflammation Score:-10, Nutrition Score:20.755651878274%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 340.49kcal (17.02%), Fat: 16.89g (25.99%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 29.23g (10.63%), Sugar: 7.43g (8.26%), Cholesterol: 26.91mg (8.97%), Sodium: 1503.12mg (65.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.77%), Vitamin C: 68.44mg (82.96%), Vitamin A: 3917.58IU (78.35%), Calcium: 384.2mg (38.42%), Phosphorus: 298.85mg (29.89%), Folate: 105.22µg (26.3%), Manganese: 0.52mg (26.21%), Vitamin K: 23.05µg (21.95%), Vitamin B6: 0.39mg (19.61%), Selenium: 12.92µg (18.46%), Vitamin B1: 0.26mg (17.14%), Vitamin B2: 0.24mg (14.23%), Fiber: 3.1g (12.42%), Potassium: 434.16mg (12.4%), Vitamin B3: 2.4mg (11.99%), Iron: 1.99mg (11.05%), Zinc: 1.65mg (11.02%), Magnesium: 43.73mg (10.93%), Vitamin E: 1.59mg (10.57%), Vitamin B5: 0.87mg (8.67%), Vitamin B12: 0.41µg (6.82%), Copper: 0.13mg (6.73%), Vitamin D: 0.19µg (1.26%)