



Minestrone Soup

READY IN



40 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cabbage shredded
- 15 oz great northern beans undrained canned
- 15 oz beans red undrained canned
- 28 oz canned tomatoes whole undrained canned
- 1 cup celery stalks thinly sliced
- 1 clove garlic finely chopped
- 1 teaspoon seasoning italian
- 0.5 cup onion chopped
- 6 servings parmesan cheese grated

- 0.5 cup elbow macaroni uncooked
- 2 vegetable cube
- 1.3 cups water
- 15.3 oz corn whole undrained canned
- 1 cup zucchini sliced

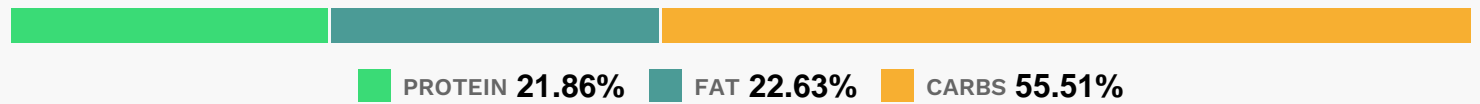
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, heat all ingredients except cheese to boiling, breaking up tomatoes; reduce heat to low.
- Cover and simmer 15 to 20 minutes, stirring occasionally, until macaroni and vegetables are tender.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:6.86, Inflammation Score:-8, Nutrition Score:24.596956418908%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 423.72kcal (21.19%), Fat: 10.98g (16.89%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 60.59g (20.2%), Net Carbohydrates: 49.3g (17.93%), Sugar: 9.26g (10.29%), Cholesterol: 26.1mg (8.7%), Sodium: 1249.11mg (54.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.71%), Manganese: 1.03mg (51.26%), Phosphorus: 475.69mg (47.57%), Fiber: 11.29g (45.16%), Calcium: 397.67mg (39.77%), Folate: 137.2µg (34.3%), Selenium: 22.65µg

(32.36%), Potassium: 1128.68mg (32.25%), Vitamin C: 24.53mg (29.73%), Magnesium: 118.3mg (29.57%), Copper: 0.56mg (28.17%), Vitamin K: 27.26µg (25.96%), Iron: 4.49mg (24.93%), Vitamin B6: 0.46mg (22.87%), Vitamin B1: 0.33mg (22.19%), Zinc: 3.07mg (20.49%), Vitamin B2: 0.32mg (18.81%), Vitamin B3: 3.29mg (16.43%), Vitamin A: 678.27IU (13.57%), Vitamin E: 1.99mg (13.24%), Vitamin B5: 0.94mg (9.35%), Vitamin B12: 0.41µg (6.75%)