



Minestrone Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 21.5 oz bacon canned
- ☐ 2 cups cabbage chopped
- ☐ 29 oz beef broth canned
- ☐ 1 cup celery chopped
- ☐ 1 cup elbow macaroni uncooked
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 1 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 29 oz stewed tomatoes chopped canned
- ☐ 3.5 cups water
- ☐ 2 cups frangelico peeled chopped
- ☐ 2 cups frangelico peeled chopped

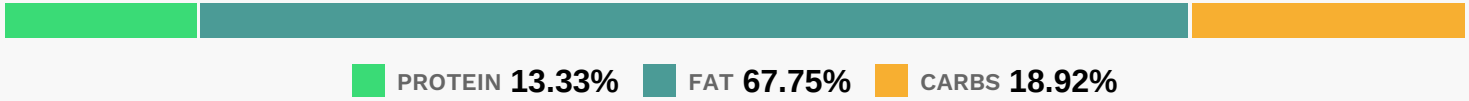
Equipment

- ☐ pot

Directions

- ☐ In a large stockpot, brown bacon, onion, celery and garlic; drain drippings.
- ☐ Add basil, salt, water, soup, broth, tomatoes and juice, zucchini, cabbage and macaroni. Boil until macaroni is tender.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:18.62086962617%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 664.3kcal (33.22%), Fat: 50.04g (76.99%), Saturated Fat: 16.71g (104.42%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 28.14g (10.23%), Sugar: 7.21g (8.01%), Cholesterol: 81.57mg (27.19%), Sodium: 1851.37mg (80.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.3%), Selenium: 41.74µg (59.63%), Vitamin B3: 7.56mg (37.79%), Vitamin B1: 0.46mg (30.42%), Phosphorus: 284.61mg (28.46%), Vitamin K: 28.83µg (27.46%), Vitamin C: 21.68mg (26.27%), Vitamin B6: 0.48mg (23.78%), Potassium: 770.58mg (22.02%),

Manganese: 0.43mg (21.27%), Iron: 3.09mg (17.15%), Copper: 0.32mg (15.9%), Zinc: 2.15mg (14.31%), Magnesium: 54.93mg (13.73%), Fiber: 3.31g (13.25%), Vitamin B2: 0.22mg (12.72%), Vitamin E: 1.78mg (11.9%), Vitamin B12: 0.71µg (11.9%), Vitamin B5: 1.09mg (10.91%), Calcium: 93.42mg (9.34%), Folate: 33.85µg (8.46%), Vitamin A: 415.48IU (8.31%), Vitamin D: 0.49µg (3.3%)