



 17%
HEALTH SCORE

Minestrone Soup

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 125 gr bacon smoked sliced finely thin
- 1 can kidney beans washed drained (400gr / 14 oz.)
- 1 can canned tomatoes chopped (400gr / 14 oz.)
- 3 carrots peeled chopped finely
- 3 stalks celery chopped finely
- 1 tbsp thyme sprigs fresh
- 3 large cloves garlic chopped finely
- 100 gr .5 oz. macaroni
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- 1 tbsp olive oil
- 1 large onion chopped finely
- 8 servings parmesan finely grated
- 8 servings salt and pepper black to taste
- 0.3 savoy cabbage shredded
- 2 tbsp tomato purée
- 2 large tomatoes chopped
- 1.2 liter vegetable stock

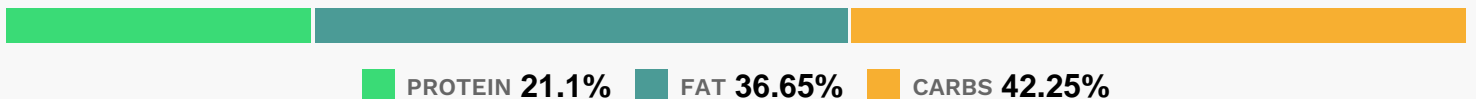
Equipment

- bowl
- frying pan

Directions

- Heat the oil in a very large pan that has a close fitting lid. Then add the celery, bacon, onion, carrot and garlic. Fry this off for about 5 to 7 minutes until it has softened a little. No colour is needed on the vegetables, so make sure the heat isnt too high that they become brown, but high enough the vegetables sweat and soften.
- Add the tomato pure and the thyme leaves, stir through and cook for about 30 seconds.
- Add the stock, the tin of tomatoes, fresh tomatoes, and a little salt and pepper. Stir everything through, set the heat so that your soup is on a gentle simmer, cover and cook for about 25 minutes or until the vegetables are cooked al dente.
- Add the pasta and cook until the pasta is ready. Follow the timing instructions on the packet, but this is normally about 7 minutes.
- Add the cabbage and the beans and cook until the cabbage has wilted. This will take about 5 minutes. Check for seasoning and add some salt and pepper if needed before serving.
- Sprinkle a little parmesan over each bowl of soup.

Nutrition Facts



Properties

Glycemic Index:51.6, Glycemic Load:7.13, Inflammation Score:-10, Nutrition Score:24.795217391304%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Taste

Sweetness: 45.8%, Saltiness: 100%, Sourness: 47.73%, Bitterness: 33.27%, Savoriness: 47.17%, Fattiness: 63.63%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 402.11kcal (20.11%), Fat: 16.68g (25.66%), Saturated Fat: 7.42g (46.37%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 35.37g (12.86%), Sugar: 9.81g (10.91%), Cholesterol: 30.71mg (10.24%), Sodium: 1630.81mg (70.9%), Protein: 21.61g (43.23%), Vitamin A: 5373.2IU (107.46%), Calcium: 437.09mg (43.71%), Vitamin K: 43.67µg (41.59%), Phosphorus: 402.38mg (40.24%), Selenium: 27.32µg (39.03%), Manganese: 0.73mg (36.43%), Vitamin C: 28.42mg (34.44%), Fiber: 7.91g (31.63%), Potassium: 773.16mg (22.09%), Vitamin B6: 0.42mg (21.08%), Magnesium: 79.97mg (19.99%), Folate: 79µg (19.75%), Copper: 0.36mg (17.92%), Vitamin B1: 0.25mg (16.63%), Iron: 2.68mg (14.87%), Vitamin B2: 0.25mg (14.54%), Zinc: 2.18mg (14.54%), Vitamin B3: 2.8mg (14.01%), Vitamin E: 1.65mg (11%), Vitamin B5: 0.81mg (8.08%), Vitamin B12: 0.44µg (7.3%), Vitamin D: 0.21µg (1.42%)