



Minestrone Soup

READY IN



390 min.

SERVINGS



30

CALORIES



51 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 19 oz kidney beans red rinsed canned
- 14 oz canned tomatoes diced undrained canned
- 1 carrots peeled chopped
- 1 stalk celery chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 tsp penzey's southwest seasoning dried italian
- 1 onion chopped
- 0.5 cup parmesan cheese grated kraft
- 1.5 cups shells uncooked

28 oz vegetable broth canned

2 cups water

Equipment

frying pan

slow cooker

Directions

Heat dressing in large nonstick skillet on medium-high heat.

Add onions, celery and carrots; cook 2 min. or until crisp-tender, stirring occasionally.

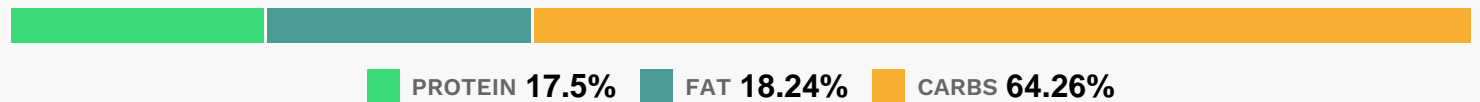
Pour into slow cooker.

Add beans, tomatoes, broth, water and seasoning; stir. Cover with lid.

Cook on LOW 6 hours (or on HIGH 3 hours).

Stir in macaroni; cook 10 to 15 min. or until macaroni is tender. Top with cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:2.69, Inflammation Score:-4, Nutrition Score:2.8034782615369%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 51.03kcal (2.55%), Fat: 1.05g (1.62%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 6.92g (2.51%), Sugar: 1.49g (1.66%), Cholesterol: 1.45mg (0.48%), Sodium: 223.05mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 433.73IU (8.67%), Manganese: 0.12mg (6.12%), Selenium: 4.02µg (5.75%), Fiber: 1.41g (5.64%), Phosphorus: 44.04mg (4.4%), Vitamin K: 3.3µg (3.14%),

Potassium: 103.5mg (2.96%), Calcium: 28.83mg (2.88%), Copper: 0.06mg (2.84%), Magnesium: 11.25mg (2.81%), Iron: 0.47mg (2.61%), Vitamin B6: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.25%), Vitamin C: 1.82mg (2.2%), Folate: 8.43µg (2.11%), Zinc: 0.29mg (1.93%), Vitamin B2: 0.03mg (1.84%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.18mg (1.19%)