



Minestrone Soup for a Crowd

 Vegetarian  Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



139 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 oz canned tomatoes diced organic undrained canned
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks chopped
- ☐ 32 oz chicken broth (4 cups)
- ☐ 1 tablespoon basil dried
- ☐ 1 cup wine dry red
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups mostaccioli pasta uncooked
- ☐ 1 teaspoon salt
- ☐ 4 cups sacramento tomato juice
- ☐ 2 cups zucchini chopped

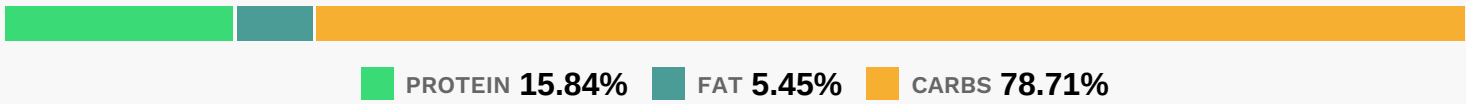
Equipment

- ☐ dutch oven

Directions

- ☐ Spray 8-quart nonstick Dutch oven with cooking spray; heat over medium heat.
- ☐ Add garlic and onion; cook about 2 minutes, stirring occasionally, until onion is tender.
- ☐ Stir in remaining ingredients except pasta.
- ☐ Heat to boiling. Reduce heat; cover and simmer 45 minutes.
- ☐ Heat to boiling. Stir in pasta. Return to boiling. Reduce heat; simmer uncovered 10 to 15 minutes or until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:24.93, Glycemic Load:8.59, Inflammation Score:-9, Nutrition Score:12.649130572443%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 139.21kcal (6.96%), Fat: 0.8g (1.23%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 22.94g (8.34%), Sugar: 8.05g (8.95%), Cholesterol: 1.51mg (0.5%), Sodium: 587.18mg (25.53%), Alcohol: 2.1g (100%), Alcohol %: 0.86% (100%), Protein: 5.24g (10.49%), Vitamin A: 2373.63IU (47.47%), Vitamin C: 26.15mg (31.7%), Manganese: 0.5mg (25.23%), Selenium: 13µg (18.57%), Potassium: 566.83mg (16.2%), Vitamin K: 16.49µg (15.7%), Vitamin B6: 0.29mg (14.5%), Copper: 0.27mg (13.35%), Fiber: 3.12g (12.47%), Iron: 1.99mg (11.05%), Magnesium: 42.22mg (10.56%), Vitamin B3: 2.09mg (10.47%), Folate: 40.71µg (10.18%), Vitamin B1: 0.14mg (9.54%), Phosphorus: 91.62mg (9.16%), Vitamin B2: 0.15mg (8.98%), Vitamin E: 1.31mg (8.72%), Calcium: 59.29mg (5.93%), Vitamin B5: 0.58mg (5.81%), Zinc: 0.76mg (5.09%)