



HEALTH SCORE

61%

Minestrone Vegetable Soup



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



10

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.5 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 2 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 32 ounce carton chicken broth
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil

- ☐ 1 onion chopped
- ☐ 2 cups rotini pasta
- ☐ 2 cups pkt spinach fresh chopped
- ☐ 4 cups sacramento tomato juice
- ☐ 2 zucchini chopped

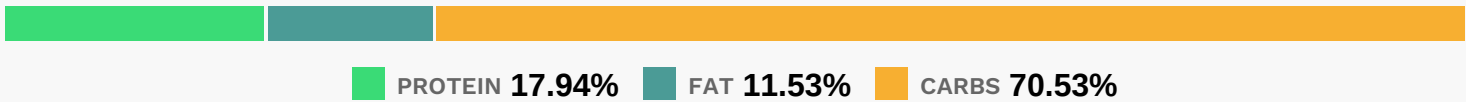
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a large soup pot over medium heat; cook and stir onion and garlic in the hot oil until onion is tender, 2 to 5 minutes. Stir chicken broth, tomato juice, diced tomatoes and their juice, spinach, zucchini, carrots, celery, cannellini beans, Italian seasoning, salt, and black pepper. Bring soup to a boil, reduce heat to low, and cover pot. Simmer soup for 45 minutes.
- ☐ Bring soup back to a full boil and stir in rotini pasta. Reduce heat to low and simmer until pasta is tender, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:9.49, Inflammation Score:-10, Nutrition Score:19.714347873045%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 175.14kcal (8.76%), Fat: 2.4g (3.69%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 33g (11%), Net Carbohydrates: 27.2g (9.89%), Sugar: 9.97g (11.08%), Cholesterol: 1.81mg (0.6%), Sodium: 477.37mg (20.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.79%), Vitamin A: 3333.73IU (66.67%), Vitamin K:

46.35µg (44.15%), Vitamin C: 35.77mg (43.36%), Manganese: 0.79mg (39.47%), Potassium: 918.16mg (26.23%), Fiber: 5.8g (23.18%), Folate: 90.02µg (22.51%), Vitamin B6: 0.4mg (20.06%), Copper: 0.4mg (20.05%), Iron: 3.57mg (19.83%), Magnesium: 72.99mg (18.25%), Vitamin E: 2.27mg (15.11%), Vitamin B1: 0.22mg (14.43%), Selenium: 9.76µg (13.95%), Phosphorus: 138.07mg (13.81%), Vitamin B2: 0.21mg (12.62%), Vitamin B3: 2.48mg (12.41%), Calcium: 105.99mg (10.6%), Zinc: 1.32mg (8.81%), Vitamin B5: 0.76mg (7.63%)