



Minestrone with Arborio Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup arborio rice
- ☐ 1 bay leaf
- ☐ 2 carrots cut into 1/4-inch dice
- ☐ 2 ribs celery sliced
- ☐ 1.5 quarts chicken broth low-sodium homemade canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 3 cups cabbage shredded green

- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 2 tablespoons parmesan grated
- ☐ 0.8 pound potatoes boiling peeled cut into 1/4-inch dice 2
- ☐ 2.3 teaspoons salt
- ☐ 1 tablespoon tomato paste
- ☐ 1 zucchini cut in quarters lengthwise and then crosswise into thin slices

Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat the 1/4 cup oil over moderate heat.
- ☐ Add the onion and cook, stirring occasionally, until golden, about 10 minutes.
- ☐ Add the garlic, carrots, and celery. Cook, stirring occasionally, for 5 minutes.
- ☐ Add the zucchini and cabbage. Cook, stirring occasionally, until the vegetables start to soften, about 5 minutes longer.
- ☐ Add the broth, beans, rice, potatoes, tomato paste, bay leaf, thyme, and salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, until the rice and vegetables are tender, about 15 minutes.
- ☐ Remove the bay leaf.
- ☐ Stir the pepper into the soup.
- ☐ Sprinkle each bowlful with Parmesan and drizzle each with 1 teaspoon of the remaining oil.
- ☐ Wine Recommendation: Salice Salentino, a rich and rustic red from southern Italy's Apulia, is a heartwarming match for this familiar classic. The wine is produced in vast quantities, making it a snap to find.

Nutrition Facts



 **PROTEIN 13.34%**  **FAT 37.56%**  **CARBS 49.1%**

Properties

Glycemic Index:95.21, Glycemic Load:18.64, Inflammation Score:-10, Nutrition Score:25.198260642264%

Flavonoids

Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 388.97kcal (19.45%), Fat: 16.91g (26.02%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 43.86g (15.95%), Sugar: 7.87g (8.74%), Cholesterol: 1.7mg (0.57%), Sodium: 1553.9mg (67.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.01%), Vitamin A: 5428.72IU (108.57%), Vitamin K: 65.47µg (62.35%), Vitamin C: 41.17mg (49.91%), Vitamin B3: 7.76mg (38.78%), Manganese: 0.72mg (35.92%), Potassium: 1170.15mg (33.43%), Folate: 126.72µg (31.68%), Phosphorus: 261.26mg (26.13%), Vitamin B6: 0.49mg (24.43%), Fiber: 5.87g (23.48%), Copper: 0.44mg (21.93%), Vitamin B1: 0.31mg (20.56%), Iron: 3.47mg (19.28%), Vitamin E: 2.54mg (16.93%), Vitamin B2: 0.27mg (15.61%), Magnesium: 55.45mg (13.86%), Calcium: 114.5mg (11.45%), Vitamin B5: 0.96mg (9.64%), Zinc: 1.43mg (9.55%), Selenium: 5.71µg (8.15%), Vitamin B12: 0.38µg (6.41%)