



Minestrone with Garlic Croutons

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bread french cubed ()
- 0.3 cup butter melted
- 0.5 teaspoon garlic powder
- 0.3 teaspoon lawry's seasoned salt
- 1 tablespoon vegetable oil
- 1.5 cups bell pepper frozen (from 1-lb bag)
- 2 cups savory vegetable mixed frozen
- 29 oz stewed tomatoes italian-style undrained canned

- 3.5 cups beef broth flavored (from 32-oz carton)
- 2 oz shells uncooked
- 15 oz kidney beans dark red rinsed drained canned

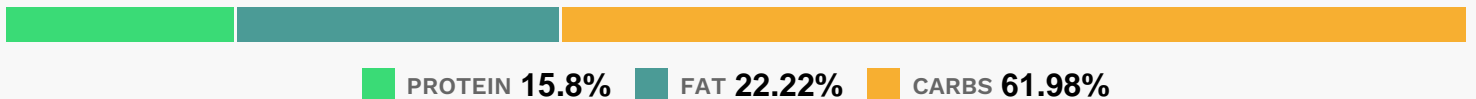
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350°F. In medium bowl, mix crouton ingredients until bread is well coated. In ungreased 15x10x1-inch pan, spread croutons.
- Bake 15 to 20 minutes, stirring and turning occasionally, until golden brown and crispy.
- Meanwhile, in 4-quart saucepan, heat oil over medium-high heat.
- Add stir-fry vegetables. Cook 3 to 4 minutes, stirring frequently, until tender. Stir in mixed vegetables, tomatoes and beef broth.
- Heat to boiling, breaking up tomatoes with spoon as mixture cooks. Stir in pasta. Cook uncovered over medium heat 10 to 12 minutes, stirring occasionally, until vegetables and pasta are tender.
- Stir in beans. Cook 4 to 5 minutes, stirring occasionally, until thoroughly heated. Top each serving with warm croutons.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:40.86, Inflammation Score:-10, Nutrition Score:32.823043201281%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 522.38kcal (26.12%), Fat: 13.28g (20.44%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 83.36g (27.79%), Net Carbohydrates: 71.48g (25.99%), Sugar: 10.52g (11.68%), Cholesterol: 0mg (0%), Sodium: 1516.6mg (65.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.51%), Vitamin A: 4820.95IU (96.42%), Vitamin C: 65.69mg (79.62%), Folate: 235.43µg (58.86%), Manganese: 1.13mg (56.26%), Vitamin B1: 0.84mg (56.25%), Fiber: 11.88g (47.53%), Selenium: 31.52µg (45.03%), Iron: 8.1mg (45.01%), Vitamin B3: 7.57mg (37.85%), Vitamin B2: 0.55mg (32.23%), Phosphorus: 295.6mg (29.56%), Potassium: 972.39mg (27.78%), Copper: 0.54mg (26.82%), Magnesium: 100.89mg (25.22%), Vitamin B6: 0.39mg (19.59%), Vitamin E: 2.4mg (16.02%), Zinc: 2.32mg (15.46%), Vitamin K: 15.8µg (15.05%), Calcium: 138.69mg (13.87%), Vitamin B5: 0.87mg (8.71%), Vitamin B12: 0.11µg (1.79%)