



Minestrone with Italian Sausage

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb sausage sweet italian
- ☐ 0.5 cup onion chopped
- ☐ 1 cup carrots coarsely chopped
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons garlic finely chopped
- ☐ 5.3 cups beef broth flavored (from two 32-oz cartons)
- ☐ 14.5 oz canned tomatoes diced organic undrained canned

- ☐ 15.5 oz great northern beans rinsed drained canned
- ☐ 3.5 oz elbow macaroni uncooked
- ☐ 1 medium zucchini cut into 1/4-inch slices (1 cup)
- ☐ 1 cup green beans frozen

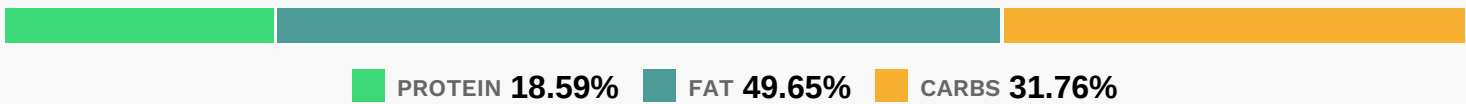
Equipment

- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven, heat oil over medium-high heat.
- ☐ Add sausage, onion, carrots, basil and garlic; cook 5 to 7 minutes, stirring frequently, until sausage is no longer pink; drain.
- ☐ Stir broth, tomatoes and great northern beans into sausage mixture.
- ☐ Heat to boiling. Reduce heat to medium-low; cover and cook 7 to 8 minutes, stirring occasionally.
- ☐ Stir in macaroni, zucchini and frozen green beans.
- ☐ Heat to boiling. Cook over medium-high heat 5 to 6 minutes, stirring occasionally, until vegetables are hot and macaroni is tender.

Nutrition Facts



Properties

Glycemic Index:32.98, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:21.832608637602%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 420.56kcal (21.03%), Fat: 23.46g (36.09%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 33.76g (11.25%), Net Carbohydrates: 27.58g (10.03%), Sugar: 5.54g (6.15%), Cholesterol: 49.25mg (16.42%), Sodium: 1240.78mg (53.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.53%), Vitamin A: 3347.93IU (66.96%), Selenium: 29.57µg (42.24%), Vitamin B1: 0.56mg (37.53%), Manganese: 0.72mg (35.79%), Phosphorus: 274.79mg (27.48%), Vitamin B3: 5.21mg (26.06%), Vitamin B6: 0.51mg (25.42%), Potassium: 877.54mg (25.07%), Fiber: 6.18g (24.73%), Folate: 88.28µg (22.07%), Vitamin K: 22.03µg (20.98%), Vitamin C: 16.64mg (20.17%), Iron: 3.62mg (20.11%), Magnesium: 78.5mg (19.62%), Copper: 0.35mg (17.38%), Vitamin B2: 0.28mg (16.71%), Zinc: 2.15mg (14.31%), Vitamin B12: 0.72µg (11.93%), Calcium: 105.59mg (10.56%), Vitamin B5: 0.93mg (9.29%), Vitamin E: 1.16mg (7.74%)