



 **71%**  
HEALTH SCORE

## Minestrone With Parmigiano-Reggiano



Gluten Free



Very Healthy

READY IN



65 min.

SERVINGS



8

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bouquet garnic (with kitchen twine)
- 2 large carrots (diced)
- 2 large stalks celery (chopped)
- 3 cups .5 can cannellini beans (dried canned cooked (or beans))
- 4 cloves garlic (chopped)
- 8 servings kosher salt and pepper (freshly ground)
- 4 cups chicken stock (see low-sodium)
- 3 tablespoons olive oil (extra-virgin)

- 0.3 pound pancetta thinly sliced cut into thin strips
- 8 servings parmigiano-reggiano cheese grated for topping
- 1 large onion red chopped
- 0.5 head savoy cabbage drained finely sliced
- 1 cup pkt spinach coarsely chopped
- 0.5 bunch swiss chard finely sliced
- 3 medium tomatoes diced seeded
- 1 large potato cut into 1/2-inch cubes

## Equipment

- food processor
- bowl
- ladle
- pot

## Directions

- Heat the olive oil in a 4-quart pot over medium-high heat.
- Add the onion, celery, garlic, carrots and pancetta and cook, stirring, until soft, about 5 minutes.
- Add 4 cups water, the cabbage, chard, potato, chicken stock, tomatoes and bouquet garni. Bring the soup to a gentle simmer and cook 25 to 30 minutes.
- Place half of the beans (1 1/2 cups) in a food processor and process until smooth.
- Add the bean puree and the whole beans to the soup and simmer 10 minutes.
- Add the spinach and cook 2 more minutes. Season generously with salt and pepper. Ladle the soup into bowls and garnish with cheese.
- Photograph by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:37.1, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:45.962173871372%

## Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.55mg, Kaempferol: 4.55mg, Kaempferol: 4.55mg, Kaempferol: 4.55mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

## Nutrients (% of daily need)

Calories: 575.71kcal (28.79%), Fat: 20.45g (31.46%), Saturated Fat: 7.98g (49.87%), Carbohydrates: 66.48g (22.16%), Net Carbohydrates: 49.86g (18.13%), Sugar: 6.96g (7.73%), Cholesterol: 29.76mg (9.92%), Sodium: 907.68mg (39.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.12g (72.24%), Vitamin K: 241.6µg (230.09%), Vitamin A: 5881.46IU (117.63%), Folate: 380.6µg (95.15%), Manganese: 1.86mg (93.18%), Fiber: 16.61g (66.45%), Calcium: 635.43mg (63.54%), Potassium: 2193.82mg (62.68%), Iron: 11.19mg (62.18%), Phosphorus: 585.65mg (58.57%), Magnesium: 220.2mg (55.05%), Copper: 1.02mg (51.24%), Vitamin C: 38.16mg (46.25%), Vitamin B1: 0.51mg (34.3%), Vitamin B6: 0.65mg (32.7%), Zinc: 4.52mg (30.14%), Selenium: 20.66µg (29.51%), Vitamin B2: 0.35mg (20.47%), Vitamin B3: 4.01mg (20.07%), Vitamin E: 2mg (13.34%), Vitamin B5: 1.18mg (11.78%), Vitamin B12: 0.55µg (9.15%), Vitamin D: 0.21µg (1.38%)