



WHATSheATE



Minestrone with Rice and Beans: Minestrone di Riso e Fagioli

 Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cup arborio rice
- ☐ 4 tablespoons butter
- ☐ 1 medium carrots thinly sliced
- ☐ 1 celery stalk thinly sliced
- ☐ 6 cups chicken stock see
- ☐ 0.5 cup borlotti beans dried
- ☐ 1 small head cabbage green washed and roughly chopped

- ☐ 0.1 pound sausage fresh italian
- ☐ 1 medium onion chopped
- ☐ 4 servings parmigiano-reggiano for grating
- ☐ 3 plum tomatoes whole seeds removed, and roughly chopped canned peeled
- ☐ 4 servings salt and pepper black freshly ground

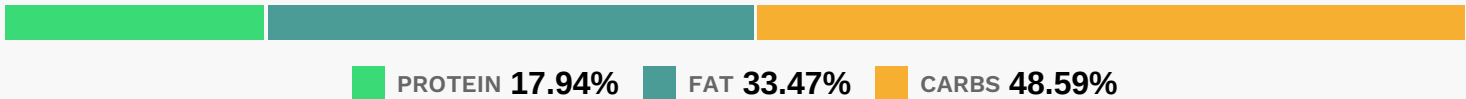
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Soak the borlotti beans overnight. In the morning, drain the beans and place them in a medium-sized soup pan.
- ☐ In a 12 to 14-inch saucepan, heat the oil over a medium-high flame until hot but not smoking.
- ☐ Add the onion and sweat over medium heat until soft and translucent, about 5 minutes.
- ☐ Add the carrot and celery.
- ☐ Meanwhile, slice the sausage into half moons.
- ☐ Add the beans, sausage and the rice to the saucepan. Using a wooden spoon, gently mix the rice in with the sausage and onion, so that the grains are coated in the olive oil, and the sausage is lightly browned.
- ☐ Add the cabbage and tomatoes, and stir to combine.
- ☐ Add the chicken stock, bring to a boil and reduce to a simmer.
- ☐ Let simmer gently until the rice is cooked and the vegetables tender, about 45 minutes to 1 1/2 hours for a thicker texture. Season, to taste, with salt and pepper.
- ☐ Serve with Parmigiano-Reggiano, for grating.

Nutrition Facts



Properties

Glycemic Index:101.71, Glycemic Load:43.56, Inflammation Score:-10, Nutrition Score:43.940000223077%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 772.67kcal (38.63%), Fat: 28.83g (44.35%), Saturated Fat: 15.13g (94.55%), Carbohydrates: 94.17g (31.39%), Net Carbohydrates: 80.44g (29.25%), Sugar: 14.77g (16.42%), Cholesterol: 72.07mg (24.02%), Sodium: 1238.02mg (53.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.54%), Vitamin K: 144.12µg (137.26%), Folate: 405.48µg (101.37%), Vitamin C: 75.67mg (91.72%), Vitamin A: 3710.97IU (74.22%), Manganese: 1.3mg (64.81%), Vitamin B1: 0.9mg (60.22%), Phosphorus: 550.22mg (55.02%), Fiber: 13.73g (54.91%), Vitamin B3: 10.04mg (50.21%), Calcium: 492.99mg (49.3%), Selenium: 31.56µg (45.08%), Vitamin B6: 0.79mg (39.28%), Potassium: 1323.53mg (37.82%), Vitamin B2: 0.61mg (36.08%), Iron: 6.11mg (33.97%), Copper: 0.62mg (31.04%), Magnesium: 113.66mg (28.42%), Zinc: 3.65mg (24.36%), Vitamin B5: 1.71mg (17.09%), Vitamin B12: 0.51µg (8.55%), Vitamin E: 1.13mg (7.52%)