



Minestrone with Sauteed Croutons and Parmigiano-Reggiano

READY IN



55 min.

SERVINGS



8

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bouquet garnic
- ☐ 3 cups .5 can cannellini beans cooked
- ☐ 2 large carrots diced
- ☐ 2 large stalks celery chopped
- ☐ 2 cups chicken stock see
- ☐ 2 cloves garlic smashed
- ☐ 4 cloves garlic chopped
- ☐ 6 slices bread italian cut into 1/4-inch dice

- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons olive oil
- ☐ 0.3 pound pancetta thinly sliced
- ☐ 8 servings parmigiano-reggiano cheese grated
- ☐ 1 large onion red chopped
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper
- ☐ 0.5 head savoy cabbage drained finely sliced
- ☐ 1 cup spinach leaves washed and coarsely chopped
- ☐ 0.5 bunch swiss chard washed and finely sliced
- ☐ 3 medium tomatoes diced seeded
- ☐ 4 cups water
- ☐ 1 large potato cut into 1/2-inch cubes

Equipment

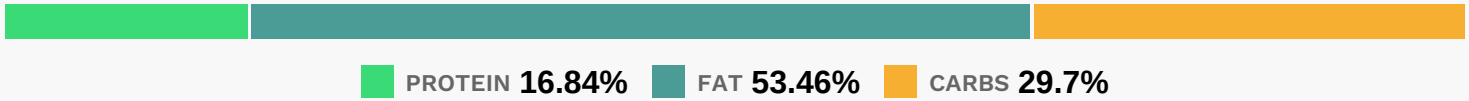
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ pot

Directions

- ☐ For the
- ☐ Heat olive oil in a large saute pan over medium-high heat, add the garlic and cook for 3 to 4 minutes, to flavor the oil.
- ☐ Remove the garlic, add the bread cubes and toss to coat.
- ☐ Saute until golden brown on all sides, season lightly with salt.
- ☐ Remove to a plate lined with paper towels.

- ☐ Heat oil in a 4 quart pot, add the onion, celery, garlic, carrot and pancetta and cook until soft.
- ☐ Add the cabbage, chard, potato, water, broth, tomatoes and bouquet garni. Bring the soup to a gentle simmer and cook for 15 to 20 minutes.
- ☐ Place half of the beans (1 1/2 cups) in a food processor and process until smooth.
- ☐ Add the puree and the whole beans to the simmering soup. Simmer the soup for about 5 minutes.
- ☐ Add the spinach and cook for 2 minutes. Season with salt and pepper to taste. Ladle the soup into bowls, garnish with sauteed croutons and cheese.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:27.691304243129%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 519kcal (25.95%), Fat: 31.86g (49.02%), Saturated Fat: 11.61g (72.55%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 30.97g (11.26%), Sugar: 10.79g (11.99%), Cholesterol: 31.56mg (10.52%), Sodium: 1345.9mg (58.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.59g (45.17%), Vitamin K: 241.55µg (230.05%), Vitamin A: 5883.33IU (117.67%), Calcium: 496.08mg (49.61%), Vitamin C: 38.51mg (46.68%), Fiber: 8.85g (35.42%), Phosphorus: 345.14mg (34.51%), Iron: 4.98mg (27.66%), Manganese: 0.52mg (25.81%), Folate: 99.17µg (24.79%), Potassium: 831.3mg (23.75%), Vitamin B6: 0.45mg (22.36%), Magnesium: 81.42mg (20.35%), Vitamin E: 2.83mg (18.88%), Vitamin B3: 3.66mg (18.31%), Selenium: 12.39µg (17.7%), Vitamin B2: 0.27mg (15.73%), Vitamin B1: 0.23mg (15.13%), Copper: 0.27mg (13.65%), Zinc: 1.76mg (11.72%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.63mg (6.28%), Vitamin D: 0.21µg (1.38%)