



Minestrone with Sole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.8 pound cabbage shredded
- 2 carrots cut into 1/4-inch dice
- 2 ribs celery cut into 1/4-inch dice
- 3.8 cups chicken broth low-sodium homemade canned
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 3 tablespoons olive oil

- 1 onion chopped
- 2 tablespoons pesto homemade store-bought
- 0.8 pound potatoes boiling peeled cut into 1/4-inch dice (2)
- 1.5 teaspoons salt
- 1.5 pounds sole fillets cut into 1-inch pieces
- 1 tablespoon tomato paste
- 1 zucchini cut into 1/4-inch dice

Equipment

- bowl
- ladle
- pot

Directions

- In a large pot, melt the butter with the oil over moderate heat.
- Add the onion and cook, stirring occasionally, until golden, about 5 minutes.
- Add the garlic, carrots, celery, and potatoes and cook, stirring occasionally, for 5 minutes.
- Add the zucchini and cabbage and cook, stirring occasionally, for 5 minutes longer.
- Add the broth, beans, tomato paste, and salt and bring to a simmer. Simmer, partially covered, until the vegetables are tender, about 18 minutes.
- Add the sole, pesto, and pepper and bring back to a simmer. Cook, uncovered, until the fish is just done, about 1 to 2 minutes more. To serve, ladle into bowls and pass more pesto if you like.
- Fish Alternatives: You can use any other member of the flounder family, such as sand dab or fluke, in place of the sole. Or try a firmer, white fish, such as cod, halibut, or monkfish. For these thicker fish, add another minute to the cooking time.
- Wine Recommendation: A light Italian white wine will be delightful with the vegetables and pesto. Look for the most recent vintage of a pinot grigio from the northern Alto Adige region.

Nutrition Facts



■ PROTEIN 27.79% ■ FAT 44% ■ CARBS 28.21%

Properties

Glycemic Index:80.46, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:32.949130307073%

Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 422.67kcal (21.13%), Fat: 21.25g (32.69%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 24.6g (8.95%), Sugar: 8.96g (9.95%), Cholesterol: 84.67mg (28.22%), Sodium: 1273.61mg (55.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.4%), Vitamin A: 5729.6IU (114.59%), Vitamin K: 86.63µg (82.5%), Selenium: 46.74µg (66.77%), Vitamin C: 53.01mg (64.26%), Phosphorus: 617.73mg (61.77%), Potassium: 1360.99mg (38.89%), Vitamin B12: 2.15µg (35.82%), Vitamin B3: 6.73mg (33.65%), Vitamin B6: 0.64mg (31.82%), Vitamin D: 4.76µg (31.75%), Manganese: 0.52mg (26.08%), Fiber: 6.05g (24.2%), Folate: 91.02µg (22.75%), Vitamin E: 3.3mg (21.97%), Magnesium: 81.54mg (20.38%), Copper: 0.35mg (17.71%), Vitamin B1: 0.22mg (14.86%), Vitamin B2: 0.25mg (14.86%), Calcium: 137.59mg (13.76%), Iron: 2.43mg (13.5%), Zinc: 1.55mg (10.34%), Vitamin B5: 1.02mg (10.19%)