



# Minestrone with White Beans and Italian Sausage

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 1 cup tomatoes diced with their juice canned
- 1 carrots chopped
- 1 rib celery chopped
- 0.5 teaspoon thyme leaves dried
- 1 clove garlic minced
- 1 teaspoon fresh-ground pepper black

- 1 tablespoon olive oil
- 1 onion chopped
- 4 servings parmesan grated for serving
- 2 teaspoons salt
- 1 pound mild sausage italian
- 1.5 quarts pkt spinach washed well
- 10 cup water

## Equipment

- pot
- blender
- slotted spoon

## Directions

- In a large pot, heat the oil over moderately high heat.
- Add the sausage and cook, stirring frequently, until browned, about 5 minutes.
- Remove the sausage with a slotted spoon.
- Reduce the heat to moderate.
- Add the onion, carrot, celery, garlic, thyme, and bay leaf to the pot and cook, stirring occasionally, until the vegetables soften, about 10 minutes.
- Meanwhile, combine 2 cups of the beans and 2 cups of the water in a blender and puree until smooth.
- Add the tomatoes, the bean puree, the remaining 8 cups water, the salt, and the pepper to the pot. Bring to a boil, skimming any foam that rises to the surface. Stir in the sausage, the remaining 2 cups beans, and the spinach. Simmer until the spinach wilts, about 3 minutes.
- Serve the soup topped with grated Parmesan, and pass more Parmesan at the table.
- Wine Recommendation: It's only natural to partner this traditional Italian soup with a classic Italian red wine. Either a Tuscan Chianti or a dolcetto from the hills of Piedmont will be splendid

## Nutrition Facts

PROTEIN 22.57% FAT 64.41% CARBS 13.02%

## Properties

Glycemic Index:63.71, Glycemic Load:3.32, Inflammation Score:-10, Nutrition Score:57.980869956639%

## Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 22.89mg, Kaempferol: 22.89mg, Kaempferol: 22.89mg, Kaempferol: 22.89mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 20.06mg, Quercetin: 20.06mg, Quercetin: 20.06mg, Quercetin: 20.06mg

## Nutrients (% of daily need)

Calories: 654.17kcal (32.71%), Fat: 48.35g (74.39%), Saturated Fat: 18.45g (115.33%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 12.32g (4.48%), Sugar: 5.19g (5.77%), Cholesterol: 106.58mg (35.53%), Sodium: 2888.01mg (125.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.13g (76.26%), Vitamin K: 1726.47µg (1644.25%), Vitamin A: 36184.04IU (723.68%), Folate: 716.66µg (179.17%), Manganese: 3.46mg (173%), Vitamin C: 111.12mg (134.69%), Magnesium: 329.01mg (82.25%), Calcium: 785.55mg (78.55%), Potassium: 2533.57mg (72.39%), Iron: 12.16mg (67.57%), Vitamin B1: 0.99mg (65.81%), Vitamin B6: 1.2mg (59.97%), Vitamin B2: 1.02mg (59.89%), Phosphorus: 572.45mg (57.24%), Vitamin E: 8.33mg (55.54%), Selenium: 38.81µg (55.45%), Fiber: 9.66g (38.63%), Copper: 0.73mg (36.49%), Vitamin B3: 6.99mg (34.97%), Zinc: 5mg (33.34%), Vitamin B12: 1.39µg (23.2%), Vitamin B5: 1.13mg (11.27%)