



HEALTH SCORE

51%

Minute Minestrone



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 ounce tomatoes diced with basil, garlic, and oregano, undrained canned
- ☐ 15.8 ounce cannellini beans rinsed drained canned
- ☐ 10 ounce vegetables mixed frozen
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup pesto sauce
- ☐ 1.5 cups quick-cooking brown rice uncooked
- ☐ 23 ounce vegetable juice canned
- ☐ 2 cups water

Equipment

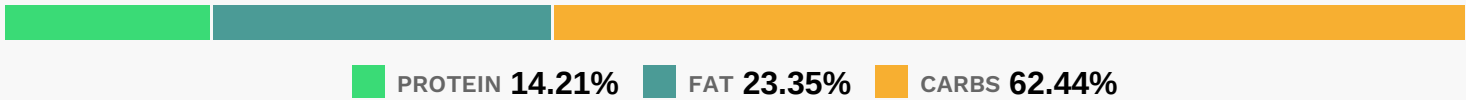
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dutch oven

Directions

- ☐ Bring first 6 ingredients to a boil in a Dutch oven. Stir in rice; cover, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat, and let stand 5 minutes. Stir in pesto.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:20.707391158394%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 323.98kcal (16.2%), Fat: 8.57g (13.19%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 51.58g (17.19%), Net Carbohydrates: 42.96g (15.62%), Sugar: 7.51g (8.35%), Cholesterol: 1.65mg (0.55%), Sodium: 608.53mg (26.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.49%), Vitamin A: 3872.47IU (77.45%), Vitamin C: 50.79mg (61.57%), Manganese: 0.78mg (38.98%), Folate: 144.32µg (36.08%), Fiber: 8.61g (34.44%), Vitamin B1: 0.43mg (28.37%), Iron: 4.78mg (26.57%), Potassium: 839.78mg (23.99%), Phosphorus: 181.34mg (18.13%), Magnesium: 68.85mg (17.21%), Vitamin B3: 3.42mg (17.11%), Selenium: 11.4µg (16.29%), Copper: 0.31mg (15.65%), Calcium: 153.09mg (15.31%), Vitamin B6: 0.3mg (15.19%), Vitamin B2: 0.17mg (9.82%), Zinc: 1.21mg (8.06%), Vitamin E: 0.94mg (6.29%), Vitamin B5: 0.54mg (5.44%), Vitamin K: 4.54µg (4.32%)