




 **70%**  
HEALTH SCORE

# My Mom's Tomato and Bean 15 Minute Stoup


 Very Healthy

READY IN




**25 min.**

SERVINGS



**4**

CALORIES



**465 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup basil fresh shredded
- 15 ounce tomato sauce canned
- 15 ounce .5 can cannellini beans white canned
- 2 carrots peeled thinly sliced
- 2 ribs celery chopped
- 2 cups chicken stock see
- 4 servings top
- 3 cloves garlic chopped

- 2 tablespoons olive oil extra-virgin
- 1 medium onion chopped
- 0.5 teaspoon pepper flakes red crushed
- 4 servings romano grated
- 4 servings salt and pepper
- 15 ounce tomatoes diced canned
- 1 small zucchini sliced
- 10 ounces box frozen cut

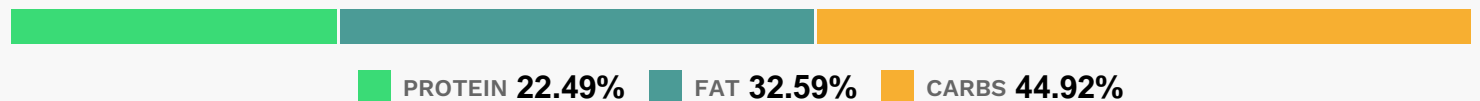
## Equipment

- frying pan
- ladle
- pot

## Directions

- Add extra-virgin olive oil to the pot, 2 turns of the pan.
- Add garlic and crushed red pepper flakes, stir then stir in the onions, carrots, celery and zucchini. Cook 10 minutes, then add in the stock, tomatoes and beans. Bring soup up to a bubble and season with salt and pepper, to your taste. Simmer 5 minutes. Turn off the heat and wilt the basil into the soup. Ladle up the soup and serve with grated cheese and bread.

## Nutrition Facts



## Properties

Glycemic Index:122.08, Glycemic Load:13.43, Inflammation Score:-10, Nutrition Score:37.689565078072%

## Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg 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: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.89mg, Quercetin: 7.89mg,

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## Nutrients (% of daily need)

Calories: 464.86kcal (23.24%), Fat: 17.61g (27.09%), Saturated Fat: 6.55g (40.92%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 41.8g (15.2%), Sugar: 16.94g (18.82%), Cholesterol: 24mg (8%), Sodium: 1551.19mg (67.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.68%), Vitamin A: 7051.33IU (141.03%), Vitamin K: 83.61µg (79.63%), Manganese: 1.28mg (64.16%), Calcium: 559mg (55.9%), Fiber: 12.82g (51.28%), Potassium: 1712.65mg (48.93%), Phosphorus: 470.26mg (47.03%), Vitamin C: 37.63mg (45.61%), Iron: 7.46mg (41.44%), Folate: 154.73µg (38.68%), Copper: 0.77mg (38.39%), Vitamin E: 5.54mg (36.96%), Magnesium: 146.17mg (36.54%), Vitamin B6: 0.73mg (36.26%), Vitamin B2: 0.52mg (30.41%), Vitamin B3: 5.65mg (28.23%), Vitamin B1: 0.38mg (25.58%), Zinc: 3.21mg (21.41%), Selenium: 13.77µg (19.68%), Vitamin B5: 1.37mg (13.74%), Vitamin B12: 0.36µg (6%)