



Pasta and Bean Soup

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz broccoli florets frozen thawed chopped
- ☐ 15 oz chickpeas drained and rinsed canned garbanzo beans
- ☐ 1 clove garlic crushed
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 2 cups shells
- ☐ 10 oz peas frozen

☐ 3 cups tomato sauce

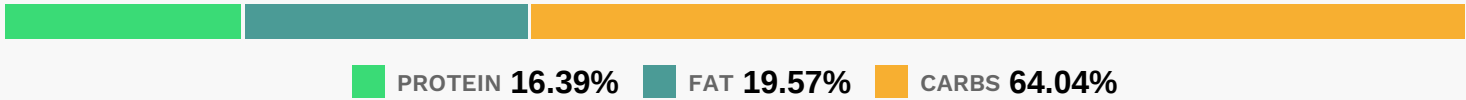
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ colander

Directions

- ☐ In a pot of boiling salted water, cook pasta, stirring often, until al dente, about 10 minutes.
- ☐ Drain in a colander.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and garlic and cook, stirring often, until softened, about 5 minutes. Stir in tomato sauce, broth, broccoli, peas and chickpeas. Bring to a boil, then cover, reduce heat and simmer gently for 10 minutes. Stir in pasta.
- ☐ Serve with cheese toasts (see instructions below), if desired.

Nutrition Facts



Properties

Glycemic Index:65.17, Glycemic Load:26.34, Inflammation Score:-9, Nutrition Score:37.110869407654%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.74mg, Kaempferol: 5.74mg, Kaempferol: 5.74mg, Kaempferol: 5.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 486.16kcal (24.31%), Fat: 10.96g (16.86%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 80.66g (26.89%), Net Carbohydrates: 64.76g (23.55%), Sugar: 14.78g (16.42%), Cholesterol: 0mg (0%), Sodium: 1197.82mg (52.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.3%), Vitamin C: 106.81mg (129.46%), Manganese:

2.01mg (100.61%), Vitamin K: 99.4µg (94.67%), Fiber: 15.9g (63.61%), Selenium: 38.12µg (54.46%), Vitamin B6: 1.04mg (52%), Folate: 148.08µg (37.02%), Phosphorus: 361.6mg (36.16%), Vitamin A: 1795.93IU (35.92%), Potassium: 1250.45mg (35.73%), Copper: 0.69mg (34.55%), Magnesium: 123.98mg (30.99%), Iron: 5.39mg (29.95%), Vitamin E: 4.36mg (29.07%), Vitamin B1: 0.38mg (25.07%), Vitamin B3: 4.78mg (23.9%), Vitamin B2: 0.35mg (20.59%), Zinc: 3.07mg (20.45%), Vitamin B5: 1.62mg (16.19%), Calcium: 132.22mg (13.22%)