



HEALTH SCORE

58%

Pasta and Bean Soup: Pasta e Fagioli



Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



1079 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons peppercorns black
- ☐ 3 cups borlotti beans cooked
- ☐ 6 carrots coarsely chopped
- ☐ 8 ribs celery coarsely chopped
- ☐ 7 pounds chicken wings
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 medium onion spanish finely chopped

- ☐ 2 onions coarsely chopped
- ☐ 1 bunch parsley to yield italian finely chopped
- ☐ 2 bunches parsley stems
- ☐ 2 cups pasta left over from making tortellini raw
- ☐ 2 tablespoons pork fatback softened mashed
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons tomato paste
- ☐ 4 tablespoons tomato paste

Equipment

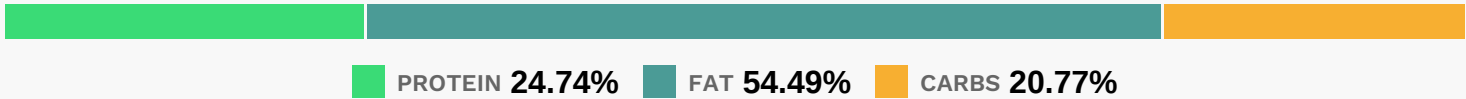
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, heat the pork fat and olive oil over high heat until it is almost smoking.
- ☐ Add the parsley and the onions and cook over high heat, until they are browned and soft, about 8 to 10 minutes. Stir in the tomato paste and cook over medium heat 10 minutes.
- ☐ Add the chicken stock and the cooked beans and bring to a boil.
- ☐ Add the pasta pieces and cook 5 or 6 more minutes.
- ☐ Remove from heat and allow to rest 10 minutes. Divide among 6 serving bowls, drizzle with remaining oil and serve.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.

- ☐
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 6 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:60.14, Glycemic Load:11.06, Inflammation Score:-10, Nutrition Score:49.032173695772%

Flavonoids

Apigenin: 62.94mg, Apigenin: 62.94mg, Apigenin: 62.94mg, Apigenin: 62.94mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg, Myricetin: 4.27mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

Nutrients (% of daily need)

Calories: 1078.96kcal (53.95%), Fat: 65.42g (100.64%), Saturated Fat: 16.65g (104.05%), Carbohydrates: 56.11g (18.7%), Net Carbohydrates: 40.68g (14.79%), Sugar: 8.68g (9.65%), Cholesterol: 222.85mg (74.28%), Sodium: 635.29mg (27.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.82g (133.65%), Vitamin K: 507.03µg (482.88%), Vitamin A: 13515.11IU (270.3%), Vitamin B3: 19.52mg (97.58%), Selenium: 60.07µg (85.81%), Folate: 285.32µg (71.33%), Vitamin B6: 1.36mg (68.09%), Manganese: 1.29mg (64.75%), Vitamin C: 52.74mg (63.92%), Phosphorus: 621.53mg (62.15%), Fiber: 15.43g (61.7%), Potassium: 1614.87mg (46.14%), Iron: 7.89mg (43.81%), Zinc: 5.86mg (39.1%), Magnesium: 151.75mg (37.94%), Vitamin B1: 0.46mg (30.64%), Vitamin B5: 3.04mg (30.42%), Copper: 0.59mg (29.66%), Vitamin E: 4.39mg (29.26%), Vitamin B2: 0.47mg (27.42%), Calcium: 197.07mg (19.71%), Vitamin B12: 0.92µg (15.39%), Vitamin D: 0.44µg (2.92%)