



Pasta-and-Bean Soup with Spinach

 Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce cannellini beans beans white drained canned
- ☐ 3 garlic cloves crushed
- ☐ 5 lemon wedges
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 8 teaspoons parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons pepper sauce hot
- ☐ 0.3 teaspoon salt
- ☐ 8 cups spinach leaves chopped
- ☐ 16 ounce tomato purée canned
- ☐ 1.5 cups tubetti tubular-shaped cooked uncooked ()
- ☐ 2 cups water

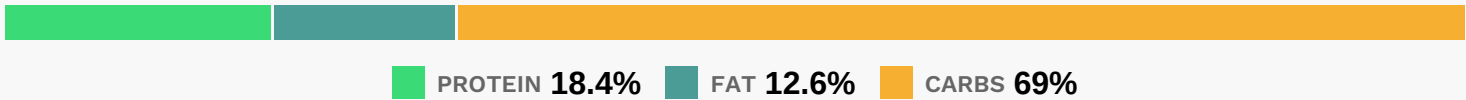
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add water and next 6 ingredients (water through broth). Bring to a boil, reduce heat, and simmer 20 minutes.
- ☐ Add spinach and beans; cook 3 minutes. Stir in pepper sauce.
- ☐ Sprinkle with cheese.
- ☐ Serve with lemon wedges, and garnish with fresh oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:44.1, Glycemic Load:8.37, Inflammation Score:-10, Nutrition Score:37.213913098626%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.8mg,

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 509.87kcal (25.49%), Fat: 7.31g (11.25%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 90.08g (30.03%), Net Carbohydrates: 78.84g (28.67%), Sugar: 7.71g (8.57%), Cholesterol: 6.86mg (2.29%), Sodium: 583.11mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.05%), Vitamin K: 244.53µg (232.89%), Vitamin A: 4784.44IU (95.69%), Manganese: 1.9mg (95.03%), Selenium: 50.8µg (72.57%), Folate: 194.54µg (48.63%), Fiber: 11.25g (44.99%), Vitamin C: 37.02mg (44.87%), Iron: 7.16mg (39.75%), Magnesium: 157.93mg (39.48%), Copper: 0.76mg (37.79%), Potassium: 1316.05mg (37.6%), Phosphorus: 364.18mg (36.42%), Calcium: 265.81mg (26.58%), Vitamin B6: 0.49mg (24.61%), Vitamin E: 3.59mg (23.95%), Zinc: 3.19mg (21.29%), Vitamin B1: 0.3mg (19.72%), Vitamin B3: 3.69mg (18.44%), Vitamin B2: 0.28mg (16.58%), Vitamin B5: 0.89mg (8.9%), Vitamin B12: 0.17µg (2.77%)