

Pasta e Fagioli I

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 4 cups beef stock
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 carrots minced
- ☐ 1 stalk celery chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pinch ground pepper black

- ☐ 1 cup ham chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 onion minced
- ☐ 0.7 cup seashell pasta

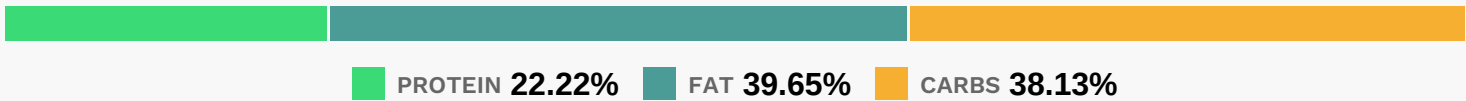
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Drain the beans and set aside.
- ☐ In a large stockpot heat the oil over moderate heat until hot.
- ☐ Add the onion, celery and carrot and cook, stirring occasionally, for 5 minutes.
- ☐ Add ham and garlic and cook stirring for 1 minute.
- ☐ Add tomatoes, beans, beef stock, thyme, bay leaf and pepper to taste. Bring to a boil and simmer, covered, for 30 minutes.
- ☐ Transfer 1/2 cup of the beans to a small processor or blender and puree. Return beans to pot and season with salt and pepper to taste. Bring liquid to a boil and add pasta. Simmer until pasta is tender, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:48.81, Glycemic Load:5.59, Inflammation Score:-10, Nutrition Score:15.117391404898%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 201.02kcal (10.05%), Fat: 9.28g (14.27%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 16.44g (5.98%), Sugar: 8.22g (9.14%), Cholesterol: 14.47mg (4.82%), Sodium: 782.26mg (34.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.4%), Vitamin A: 2069.82IU (41.4%), Potassium: 853.34mg (24.38%), Vitamin B6: 0.44mg (22.12%), Vitamin B3: 4.34mg (21.69%), Vitamin B1: 0.32mg (21.16%), Vitamin C: 16.52mg (20.03%), Manganese: 0.39mg (19.59%), Copper: 0.38mg (19.23%), Selenium: 12.5µg (17.85%), Vitamin B2: 0.29mg (17.14%), Vitamin E: 2.52mg (16.82%), Phosphorus: 167.76mg (16.78%), Iron: 2.78mg (15.44%), Fiber: 3.62g (14.49%), Magnesium: 51.58mg (12.89%), Vitamin K: 13.4µg (12.76%), Zinc: 1.36mg (9.08%), Calcium: 77.85mg (7.78%), Folate: 30.7µg (7.68%), Vitamin B5: 0.58mg (5.81%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.16µg (1.09%)