

## Pasta e Fagioli II

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



254 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 small carrots grated
- 0.3 cup celery chopped
- 6 cups chicken broth
- 16 ounce ditalini pasta
- 2 teaspoons basil dried
- 1 tablespoon parsley dried
- 1 clove garlic minced
- 0.1 teaspoon ground pepper

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.3 pound pancetta finely chopped
- 2 cups beans red
- 12 servings salt and pepper to taste
- 3 cups sacramento tomato juice
- 1 tablespoon distilled vinegar white
- 2 teaspoons sugar white

## Equipment

- bowl
- ladle
- pot

## Directions

- In a large stock pot, saute onions, carrots, celery, garlic and ham in olive oil until onion is transparent.
- To stock pot add chicken broth, tomato juice, red beans, parsley, basil, red pepper, vinegar, sugar and season with salt and pepper. Simmer for 1 hour.
- Fill a separate stock pot 3/4 full of water and bring to a boil.
- Add pasta and cook until tender and drain.
- Place desired amount of pasta into separate serving bowls and ladle soup on top.

## Nutrition Facts



**PROTEIN 15.89%** **FAT 21.04%** **CARBS 63.07%**

## Properties

Glycemic Index:29.21, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:11.763912952465%

## Flavonoids

Apigenin: 7.57mg, Apigenin: 7.57mg, Apigenin: 7.57mg, Apigenin: 7.57mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## **Nutrients (% of daily need)**

Calories: 253.59kcal (12.68%), Fat: 5.96g (9.16%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 36.15g (13.15%), Sugar: 4.97g (5.52%), Cholesterol: 8.59mg (2.86%), Sodium: 707.02mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Selenium: 26.92µg (38.45%), Manganese: 0.64mg (32.01%), Vitamin A: 998.05IU (19.96%), Fiber: 4.02g (16.07%), Vitamin C: 12.58mg (15.25%), Folate: 60.97µg (15.24%), Phosphorus: 148.15mg (14.82%), Copper: 0.25mg (12.52%), Potassium: 421.06mg (12.03%), Magnesium: 45.66mg (11.42%), Vitamin B1: 0.17mg (11.19%), Iron: 1.97mg (10.96%), Vitamin K: 10.95µg (10.43%), Vitamin B6: 0.2mg (10.21%), Vitamin B3: 1.94mg (9.72%), Vitamin B2: 0.15mg (8.68%), Zinc: 1.18mg (7.88%), Vitamin B5: 0.47mg (4.72%), Vitamin E: 0.57mg (3.83%), Calcium: 37.53mg (3.75%), Vitamin B12: 0.07µg (1.18%)