



HEALTH SCORE

89%

Pasta e Fagioli Soup



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz cannellini beans drained and rinsed canned
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 2 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 clove garlic minced
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 1 cup shells
- ☐ 6 servings salt and pepper

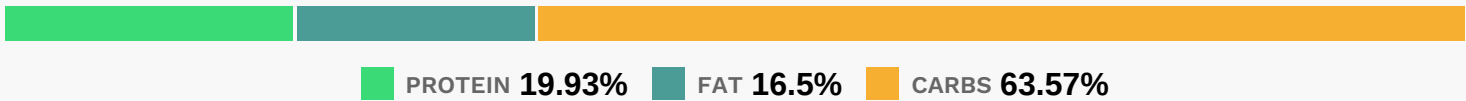
Equipment

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Warm oil in a large saucepan over medium-high heat.
- ☐ Add onion, celery and carrots and cook, stirring often, until softened but not browned, 3 to 5 minutes.
- ☐ Add garlic and saut 1 minute longer. Stir in beans, tomatoes, broth and thyme. Season with salt and pepper.
- ☐ Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes.
- ☐ Add pasta and cook, stirring often, until the pasta is al dente, 10 to 12 minutes longer. Season again with salt and pepper. Thin with more broth if desired.
- ☐ Let cool, cover and refrigerate until ready to use. To pack, rewarm over medium-low heat, stirring often, and ladle into a thermos.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:16.13, Inflammation Score:-10, Nutrition Score:25.545217348182%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 351.89kcal (17.59%), Fat: 6.76g (10.41%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 47.45g (17.25%), Sugar: 8.72g (9.69%), Cholesterol: 0mg (0%), Sodium: 444.2mg (19.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Vitamin A: 3822.53IU (76.45%), Manganese: 1.23mg (61.68%), Fiber: 11.18g (44.7%), Iron: 7.06mg (39.23%), Potassium: 1329.11mg (37.97%), Copper: 0.73mg (36.63%), Folate: 123.15µg (30.79%), Magnesium: 118.03mg (29.51%), Phosphorus: 267.3mg (26.73%), Vitamin E: 3.62mg (24.13%), Vitamin C: 18.83mg (22.82%), Vitamin B3: 4.5mg (22.52%), Vitamin B6: 0.41mg (20.67%), Selenium: 13.81µg (19.72%), Vitamin B1: 0.28mg (18.38%), Calcium: 182.37mg (18.24%), Vitamin K: 18.67µg (17.78%), Zinc: 2.47mg (16.5%), Vitamin B2: 0.21mg (12.38%), Vitamin B5: 0.81mg (8.09%), Vitamin B12: 0.16µg (2.62%)