



WHATSheATE



HEALTH SCORE

54%

Pasta e Fagioli Soup



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart beef stock
- ☐ 1 teaspoons brown sugar
- ☐ 0.3 teaspoon cajun spice
- ☐ 15.5 ounce kidney beans red canned
- ☐ 28 ounce canned tomatoes whole italian canned
- ☐ 15.5 ounce .5 can cannellini beans white canned (kidney)
- ☐ 2 carrots
- ☐ 1 rib celery

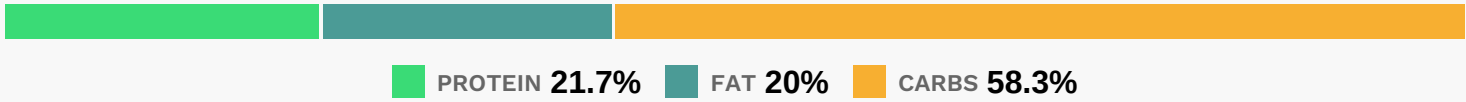
- ☐ 15 ounce collards
- ☐ 0.5 pound ditalini pasta
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 teaspoon sage dried
- ☐ 1 tablespoon garlic
- ☐ 0.5 pound ground beef
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings kosher salt and freshly cracked pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion
- ☐ 11.5 ounce spicy v-8 vegetable juice canned

Equipment

Directions

- ☐ Recipe: Pasta e Fagioli Soup
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |Cook time: 35 min |

Nutrition Facts



Properties

Glycemic Index:58.64, Glycemic Load:12.53, Inflammation Score:-10, Nutrition Score:42.38260845516%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg, Isorhamnetin: 12.82mg Kaempferol: 27.38mg, Kaempferol: 27.38mg, Kaempferol: 27.38mg, Kaempferol: 27.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.74mg, Quercetin: 11.74mg,

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Nutrients (% of daily need)

Calories: 519.74kcal (25.99%), Fat: 11.89g (18.29%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 77.98g (25.99%), Net Carbohydrates: 62.65g (22.78%), Sugar: 14.85g (16.5%), Cholesterol: 26.84mg (8.95%), Sodium: 1803.97mg (78.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.03%), Vitamin K: 207.75µg (197.86%), Vitamin A: 6355.58IU (127.11%), Vitamin C: 82.27mg (99.72%), Manganese: 1.32mg (66.06%), Fiber: 15.33g (61.3%), Potassium: 1906.03mg (54.46%), Selenium: 35.28µg (50.4%), Iron: 8.32mg (46.22%), Copper: 0.88mg (44.07%), Phosphorus: 427.77mg (42.78%), Vitamin B6: 0.79mg (39.69%), Magnesium: 154.78mg (38.69%), Vitamin B3: 6.55mg (32.75%), Vitamin E: 4.53mg (30.22%), Folate: 118.22µg (29.56%), Vitamin B1: 0.44mg (29.17%), Zinc: 4.34mg (28.92%), Vitamin B2: 0.47mg (27.93%), Calcium: 269.11mg (26.91%), Vitamin B12: 0.81µg (13.48%), Vitamin B5: 1.22mg (12.22%)