



Pasta e Fagioli Soup (Italian Pasta and Bean Soup)



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 30 ounce .5 can cannellini beans canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 4 cups chicken stock see
- ☐ 1 cup ditalini pasta

- ☐ 0.5 teaspoon fennel seeds toasted
- ☐ 3 cloves garlic chopped
- ☐ 0.5 pound sausage italian
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 2 inch parmesan rind
- ☐ 1 pinch pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup white wine

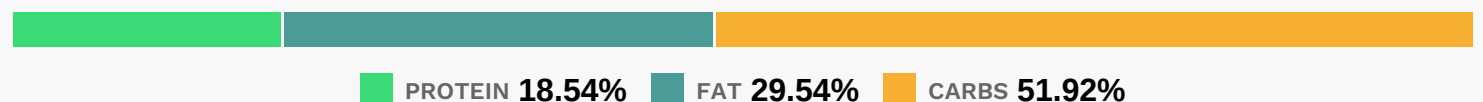
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook the sausage in a large sauce pan over medium-high heat and set aside.
- ☐ Add the oil, onions, carrots and celery to the pan and saute until tender, about 10-15 minutes.
- ☐ Add the garlic, red pepper flakes and fennel seeds and saute until fragrant, about a minute.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the broth, sausage, tomatoes, beans, tomato paste, oregano, bay leaf and parmesan rind, bring to a boil, reduce the heat and simmer for 15 minutes. (If you have the time this soup will benefit from being simmered longer.)
- ☐ Add the pasta and simmer until it is cooked al-dente, about 6-8 minutes. Season with salt and pepper and serve garnished with parsley and parmesan.

Nutrition Facts



Properties

Glycemic Index:74.46, Glycemic Load:15.25, Inflammation Score:-10, Nutrition Score:39.579565204113%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 724.25kcal (36.21%), Fat: 23.79g (36.6%), Saturated Fat: 7.37g (46.05%), Carbohydrates: 94.07g (31.36%), Net Carbohydrates: 78.32g (28.48%), Sugar: 10.98g (12.2%), Cholesterol: 48.69mg (16.23%), Sodium: 1706.15mg (74.18%), Alcohol: 1.54g (100%), Alcohol %: 0.26% (100%), Protein: 33.6g (67.2%), Vitamin A: 5497.95IU (109.96%), Manganese: 2.03mg (101.35%), Selenium: 46.6µg (66.57%), Fiber: 15.75g (63%), Iron: 9.8mg (54.43%), Potassium: 1820.84mg (52.02%), Vitamin B1: 0.74mg (49.35%), Copper: 0.95mg (47.52%), Folate: 184.36µg (46.09%), Magnesium: 177.2mg (44.3%), Phosphorus: 433.78mg (43.38%), Vitamin B6: 0.69mg (34.7%), Zinc: 4.73mg (31.56%), Vitamin E: 4.19mg (27.96%), Vitamin K: 27.66µg (26.34%), Vitamin B3: 5.26mg (26.28%), Calcium: 262.69mg (26.27%), Vitamin B2: 0.45mg (26.24%), Vitamin C: 17.02mg (20.63%), Vitamin B5: 1.38mg (13.84%), Vitamin B12: 0.59µg (9.84%)