



## Pasta Fagioli

READY IN



80 min.

SERVINGS



8

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cups .5 can cannellini beans drained and rinsed canned
- 1 cup carrots sliced ()
- 1 cup large-diced celery
- 12 cups chicken stock see
- 3 cups fusilli cooked
- 6 basil leaves fresh sliced
- 0.3 cup parsley leaves fresh minced
- 0.5 cup garlic minced
- 4 tablespoons olive oil

- 1.5 cups onions chopped
- 2 tablespoons oregano leaves fresh minced
- 1 cup parmesan grated
- 5 cups barbequed pulled pork cooked
- 1 cup roasted pepper diced red
- 8 servings salt and pepper black freshly ground
- 4 cups rough tomatoes red chopped

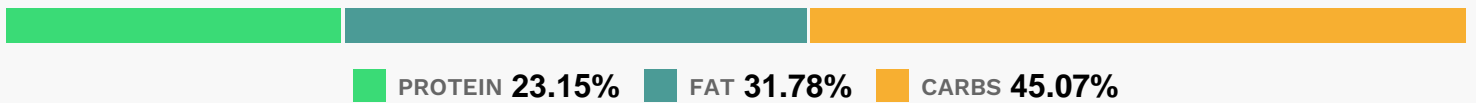
## Equipment

- pot

## Directions

- In a heavy-bottomed soup pot, heat the olive oil over medium heat until hot, but not smoking.
- Add the onions, carrots and celery, searing the vegetables until the carrots have browned, 2 to 3 minutes. Reduce the heat to medium-low, then add the stock, beans, red pepper, garlic, and salt and pepper to taste. Simmer until the vegetables and beans soften, about 20 minutes. Then add the pork, tomatoes and parsley and allow the soup to cook until the tomatoes have softened, an additional 10 minutes. Finally, reduce the heat to low and add the pasta, cheese, oregano and basil to the soup to finish for 20 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:52.42, Glycemic Load:13.65, Inflammation Score:-10, Nutrition Score:29.212609059137%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

## Nutrients (% of daily need)

Calories: 739.54kcal (36.98%), Fat: 26.41g (40.62%), Saturated Fat: 7.83g (48.95%), Carbohydrates: 84.28g (28.09%), Net Carbohydrates: 76.12g (27.68%), Sugar: 32.15g (35.72%), Cholesterol: 82.88mg (27.63%), Sodium: 1869.88mg (81.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.57%), Vitamin A: 3968.41IU (79.37%), Vitamin K: 59.63µg (56.79%), Manganese: 1.02mg (50.83%), Calcium: 371.99mg (37.2%), Iron: 6.69mg (37.14%), Vitamin C: 30.51mg (36.98%), Selenium: 25.34µg (36.2%), Phosphorus: 345.93mg (34.59%), Vitamin B3: 6.92mg (34.58%), Potassium: 1207.66mg (34.5%), Fiber: 8.15g (32.62%), Vitamin B6: 0.6mg (29.94%), Copper: 0.58mg (28.94%), Folate: 113.68µg (28.42%), Vitamin B2: 0.45mg (26.56%), Magnesium: 96.71mg (24.18%), Vitamin B1: 0.31mg (20.37%), Vitamin E: 2.68mg (17.85%), Zinc: 2.49mg (16.63%), Vitamin B5: 0.53mg (5.28%), Vitamin B12: 0.15µg (2.5%)