



Pasta Fagioli Soup

READY IN



45 min.

SERVINGS



5

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces asiago cheese shredded
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 12 ounces mild chicken sausage halved lengthwise sliced (such as Amy's)
- ☐ 1 teaspoon basil dried
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup soup noodles uncooked
- ☐ 2 cups zucchini coarsely chopped (2 small zucchini)

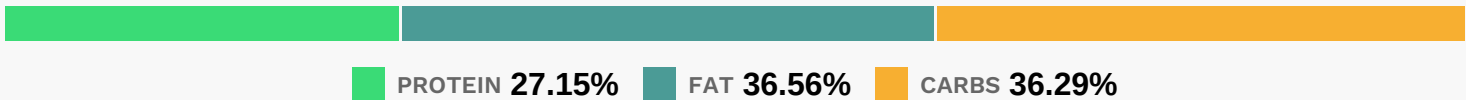
Equipment

☐ sauce pan

Directions

- ☐ Heat a large saucepan over high heat.
- ☐ Add sausage; cook 2 minutes, stirring constantly.
- ☐ Add broth and pasta; bring to a boil. Cover, reduce heat, and simmer 4 minutes.
- ☐ Add zucchini and tomatoes; bring to a boil. Cover, reduce heat, and simmer 2 minutes. Stir in basil, oregano, and beans; cover and simmer for 3 minutes or until pasta and zucchini are tender.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:7.94, Inflammation Score:-7, Nutrition Score:14.329130412444%

Flavonoids

Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 302.28kcal (15.11%), Fat: 12.83g (19.74%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 21.66g (7.88%), Sugar: 7.7g (8.56%), Cholesterol: 53.82mg (17.94%), Sodium: 1720.17mg (74.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.88%), Manganese: 0.6mg (29.85%), Fiber: 7g (28.01%), Phosphorus: 221.79mg (22.18%), Vitamin C: 18.09mg (21.92%), Iron: 3.56mg (19.77%), Potassium: 663.83mg (18.97%), Calcium: 178.83mg (17.88%), Copper: 0.35mg (17.72%), Vitamin B6: 0.31mg (15.72%), Magnesium: 61.67mg (15.42%), Vitamin K: 16.04µg (15.28%), Selenium: 10.25µg (14.65%), Vitamin B1: 0.19mg (12.88%), Vitamin B3: 2.56mg (12.81%), Vitamin B2: 0.21mg (12.43%), Folate: 49.31µg (12.33%), Vitamin A: 590.85IU (11.82%), Zinc: 1.28mg (8.52%), Vitamin E: 1.22mg (8.16%), Vitamin B5: 0.67mg (6.73%), Vitamin B12: 0.37µg (6.24%)