



Pasta Fagioli Soup II

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce cannellini beans undrained canned
- 8 ounce tomato sauce canned
- 29 ounce canned tomatoes diced canned
- 29 ounce chicken broth canned
- 8 slices bacon crumbled crisp cooked
- 0.5 teaspoon basil dried
- 1 tablespoon parsley dried
- 1 tablespoon garlic minced

- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 0.5 pound seashell pasta
- 1.5 teaspoons salt
- 14 ounce pkt spinach drained chopped canned
- 3 cups water

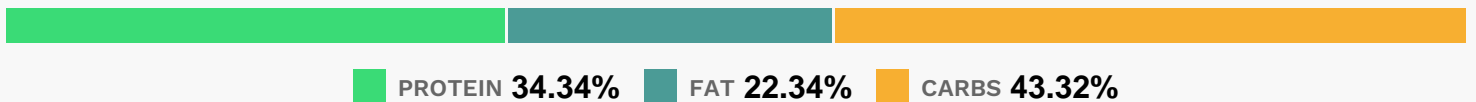
Equipment

- bowl
- ladle
- pot

Directions

- In a large stock pot, combine diced tomatoes, beans, spinach, chicken broth, tomato sauce, water, garlic, bacon, parsley, garlic powder, salt, pepper, and basil. Bring to a boil, and let simmer for 40 minutes, covered.
- Add pasta and cook uncovered until pasta is tender, approximately 10 minutes. Ladle soup into individual serving bowls, sprinkle cheese on top, and serve.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:11.45, Inflammation Score:-10, Nutrition Score:36.9573913398%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 500.87kcal (25.04%), Fat: 12.54g (19.29%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 45.31g (16.48%), Sugar: 6.54g (7.26%), Cholesterol: 59.3mg (19.77%), Sodium: 1386.69mg (60.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.39g (86.77%), Vitamin K: 252.95µg (240.9%), Vitamin A: 5186.73IU (103.73%), Manganese: 1.4mg (69.9%), Selenium: 46.51µg (66.44%), Folate: 200.56µg (50.14%), Phosphorus: 446.19mg (44.62%), Magnesium: 154.73mg (38.68%), Fiber: 9.42g (37.66%), Potassium: 1289.37mg (36.84%), Iron: 6.46mg (35.87%), Vitamin B6: 0.68mg (34.21%), Vitamin C: 27.3mg (33.09%), Vitamin B3: 6.18mg (30.91%), Copper: 0.61mg (30.5%), Zinc: 4.51mg (30.09%), Vitamin B1: 0.34mg (22.61%), Vitamin B2: 0.37mg (21.89%), Vitamin E: 3.13mg (20.85%), Vitamin B12: 1.11µg (18.58%), Calcium: 171.68mg (17.17%), Vitamin B5: 0.91mg (9.07%)