



Quick and Hearty Pasta Fagioli Soup

READY IN



31 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 15 ounce beans white drained canned (such as cannellini)
- ☐ 2 medium carrots chopped
- ☐ 1 medium stalk celery chopped
- ☐ 1.5 cups seasoning cubes diced
- ☐ 1.5 cups ditalini pasta uncooked
- ☐ 1 garlic clove chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped

- ☐ 0.5 cup parmesan fresh grated
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 24 ounce pasta sauce fire roasted
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 cups water

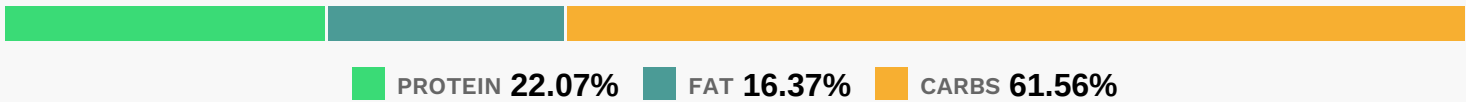
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain and set aside.
- ☐ Heat olive oil in a large saucepan or Dutch oven over medium heat.
- ☐ Add carrot, onion, and celery and saut 3 to 5 minutes or until onion and celery are translucent.
- ☐ Add garlic and cook 30 seconds or until fragrant.
- ☐ Add pasta sauce, beans, ham, water and bay leaf; bring to a boil and simmer for 15 minutes.
- ☐ Add cooked pasta, parsley, salt and pepper. Simmer an additional 2 to 3 minutes or until thoroughly heated.
- ☐ Remove bay leaf. Spoon soup into bowls and top evenly with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:50.47, Glycemic Load:6.74, Inflammation Score:-10, Nutrition Score:21.582608685545%

Flavonoids

Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 365.75kcal (18.29%), Fat: 6.78g (10.43%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 57.36g (19.12%), Net Carbohydrates: 49.84g (18.12%), Sugar: 7.79g (8.65%), Cholesterol: 20.93mg (6.98%), Sodium: 1465.05mg (63.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Vitamin A: 4097.14IU (81.94%), Manganese: 0.96mg (47.81%), Selenium: 30.45µg (43.5%), Vitamin K: 33.54µg (31.94%), Fiber: 7.51g (30.06%), Potassium: 879.74mg (25.14%), Phosphorus: 248.05mg (24.8%), Iron: 4.24mg (23.56%), Copper: 0.47mg (23.39%), Magnesium: 86.63mg (21.66%), Calcium: 196.94mg (19.69%), Folate: 76.25µg (19.06%), Vitamin E: 2.76mg (18.4%), Vitamin C: 12.64mg (15.32%), Vitamin B6: 0.29mg (14.72%), Zinc: 1.99mg (13.28%), Vitamin B3: 2.21mg (11.03%), Vitamin B1: 0.16mg (10.79%), Vitamin B2: 0.18mg (10.32%), Vitamin B5: 0.8mg (8.04%), Vitamin B12: 0.1µg (1.67%)