



WHAT'SHEATE



Quick Fall Minestrone

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups baking potatoes cubed peeled ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 cups butternut squash cubed peeled ()
- ☐ 16 ounce cannellini beans white rinsed drained canned
- ☐ 0.5 cup carrots diced
- ☐ 2 garlic clove minced
- ☐ 1 cup green beans (1-inch) ()
- ☐ 4 cups kale chopped
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup orzo pasta (rice-shaped uncooked
- ☐ 2 ounces parmesan fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 6 cups vegetable stock
- ☐ 1 tablespoon vegetable oil

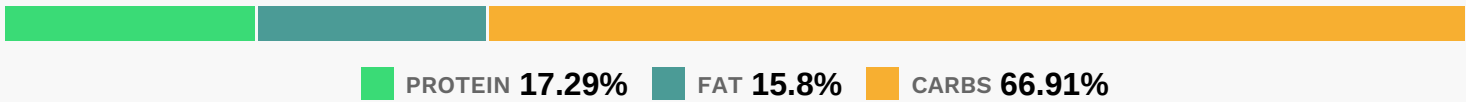
Equipment

- ☐ dutch oven

Directions

- ☐ Heat the oil in a large Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 2 1/2 minutes or until tender.
- ☐ Add broth and the next 7 ingredients (broth through salt); bring to a boil. Reduce heat, and simmer 3 minutes.
- ☐ Add kale, orzo, and beans; cook 5 minutes or until orzo is done and vegetables are tender.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:56.07, Glycemic Load:14.47, Inflammation Score:-10, Nutrition Score:19.927826326178%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 229.07kcal (11.45%), Fat: 4.16g (6.4%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 33.62g (12.23%), Sugar: 5g (5.56%), Cholesterol: 4.82mg (1.61%), Sodium: 911.63mg (39.64%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.5%), Vitamin A: 7567.57IU (151.35%), Vitamin K: 56µg (53.33%), Manganese: 0.72mg (35.93%), Vitamin C: 25.54mg (30.95%), Fiber: 6.03g (24.1%), Potassium: 762.5mg (21.79%), Calcium: 199.31mg (19.93%), Vitamin B6: 0.37mg (18.68%), Folate: 74.42µg (18.6%), Magnesium: 73.6mg (18.4%), Phosphorus: 180.04mg (18%), Iron: 3.08mg (17.1%), Copper: 0.27mg (13.63%), Selenium: 9.24µg (13.2%), Vitamin B1: 0.19mg (12.5%), Vitamin E: 1.48mg (9.85%), Zinc: 1.31mg (8.72%), Vitamin B2: 0.14mg (8.09%), Vitamin B3: 1.6mg (7.99%), Vitamin B5: 0.59mg (5.89%), Vitamin B12: 0.09µg (1.42%)