



Quick Minestrone Soup

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 19 oz .5 can cannellini beans rinsed drained canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 cup elbow macaroni
- ☐ 4 garlic cloves crushed
- ☐ 6 cups prewashed and cut kale
- ☐ 42 fl. oz. chicken broth reduced-sodium
- ☐ 0.3 cup olive oil

- ☐ 1 small onion coarsely chopped
- ☐ 4 servings accompaniment: parmesan grated
- ☐ 0.8 teaspoon salt
- ☐ 2 cups water
- ☐ 1 lb vegetables such as zucchini mixed frozen italian

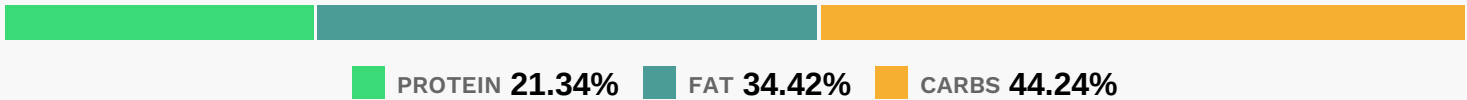
Equipment

- ☐ bowl
- ☐ pot
- ☐ potato masher

Directions

- ☐ Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then cook onion and garlic, stirring occasionally, until golden, about 3 minutes.
- ☐ Add kale and sauté, stirring, 1 minute.
- ☐ Add frozen vegetables, tomatoes with juice, pasta, broth, water, salt, and pepper and simmer, uncovered, stirring occasionally, until vegetables are tender and pasta is al dente, about 10 minutes.
- ☐ Meanwhile, transfer half of beans to a wide shallow bowl and coarsely mash with a fork or a potato masher, then stir mashed and whole beans into soup and simmer, stirring occasionally, until soup is slightly thickened, about 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:8.17, Inflammation Score:-10, Nutrition Score:38.484782550646%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 8.31mg, Isorhamnetin: 8.31mg, Isorhamnetin: 8.31mg, Isorhamnetin: 8.31mg Kaempferol: 14.86mg, Kaempferol: 14.86mg, Kaempferol: 14.86mg, Kaempferol: 14.86mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg, Quercetin: 11.47mg

Nutrients (% of daily need)

Calories: 638.35kcal (31.92%), Fat: 25.01g (38.48%), Saturated Fat: 7.73g (48.28%), Carbohydrates: 72.31g (24.1%), Net Carbohydrates: 61.65g (22.42%), Sugar: 6.02g (6.68%), Cholesterol: 20.4mg (6.8%), Sodium: 1052.24mg (45.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.89g (69.78%), Vitamin K: 140.84µg (134.13%), Manganese: 1.6mg (79.93%), Vitamin A: 3609.93IU (72.2%), Vitamin C: 51.95mg (62.97%), Calcium: 587.41mg (58.74%), Phosphorus: 573.74mg (57.37%), Selenium: 36.49µg (52.12%), Fiber: 10.66g (42.63%), Potassium: 1446.35mg (41.32%), Folate: 147.39µg (36.85%), Iron: 6.59mg (36.58%), Copper: 0.72mg (35.85%), Magnesium: 142.17mg (35.54%), Vitamin B3: 6.13mg (30.64%), Vitamin B2: 0.49mg (28.95%), Vitamin B6: 0.51mg (25.45%), Zinc: 3.8mg (25.35%), Vitamin E: 3.47mg (23.15%), Vitamin B1: 0.28mg (18.65%), Vitamin B12: 0.67µg (11.17%), Vitamin B5: 0.87mg (8.69%)