



Ribollita with Herb Pesto



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil leaves chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 0.5 cup carrots chopped 1 large
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.5 teaspoons olive oil extravirgin

- ☐ 6 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 2 garlic cloves minced
- ☐ 1 ounce bread italian toasted
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2.5 cups onion red chopped 1 large
- ☐ 1 teaspoon rosemary leaves chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 6 cups swiss chard stemmed sliced 1 bunch
- ☐ 0.3 cup walnuts toasted
- ☐ 1 tablespoon water hot
- ☐ 1.8 cups yukon gold potatoes cubed 1 medium

Equipment

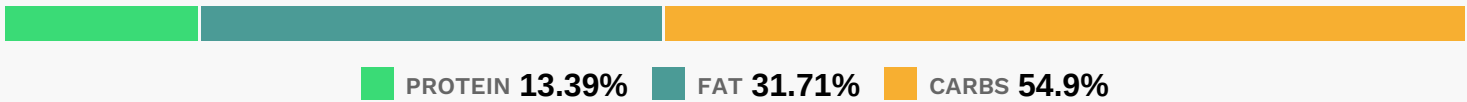
- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ spatula
- ☐ dutch oven

Directions

- ☐ To prepare soup, heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, carrot, and celery; saut 6 minutes or until onion is tender.
- ☐ Add minced garlic; cook 1 minute. Stir in potato and sage. Stir in broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in chard; simmer an additional 10 minutes or until potatoes are tender.

- ☐
- Add 1/2 teaspoon salt, 1/4 teaspoon black pepper, and pinto beans. Simmer 5 minutes or until hot.
- ☐
- Remove from heat; keep warm.
- ☐
- To prepare herb pesto, combine basil and remaining ingredients except bread in a food processor. Process until smooth, scraping the sides with a spatula.
- ☐
- Spread 1 1/2 teaspoons pesto over each bread slice. Ladle 1 cup soup into each of 8 bowls. Tuck 1 pesto-topped bread slice into each serving.

Nutrition Facts



Properties

Glycemic Index:72.82, Glycemic Load:10.87, Inflammation Score:-10, Nutrition Score:22.032608550528%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 189.34kcal (9.47%), Fat: 6.96g (10.71%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 21.39g (7.78%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 1144.27mg (49.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin K: 253.71µg (241.63%), Copper: 1.84mg (91.77%), Vitamin A: 3183.33IU (63.67%), Manganese: 0.68mg (33.97%), Vitamin C: 25.28mg (30.64%), Fiber: 5.71g (22.86%), Potassium: 676.69mg (19.33%), Vitamin B6: 0.36mg (18.02%), Magnesium: 68.97mg (17.24%), Phosphorus: 146.41mg (14.64%), Iron: 2.45mg (13.62%), Folate: 48.33µg (12.08%), Vitamin B3: 2.14mg (10.71%), Vitamin B1: 0.14mg (9.66%), Vitamin E: 1.31mg (8.71%), Calcium: 82.86mg (8.29%), Vitamin B2: 0.12mg (7.07%), Selenium: 4.83µg (6.9%), Vitamin B5: 0.61mg (6.14%), Zinc: 0.86mg (5.76%), Vitamin B12: 0.34µg (5.67%)