



HEALTH SCORE

97%

Root-Vegetable Minestrone



Very Healthy

READY IN



40 min.

SERVINGS



20

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces angel hair pasta
- ☐ 20 servings pepper black freshly ground
- ☐ 3 broccoli stems peeled sliced
- ☐ 3 cups butternut squash cubed peeled cut into 3/4-inch dice
- ☐ 2 carrots sliced
- ☐ 1 cup baby lima beans frozen
- ☐ 1 clove garlic minced
- ☐ 6 cups chicken broth low-sodium

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small onion finely chopped (small)
- ☐ 2 parsnips sliced
- ☐ 0.5 cup pecorino cheese freshly grated plus more for serving
- ☐ 1 sprig rosemary (small)
- ☐ 20 servings salt

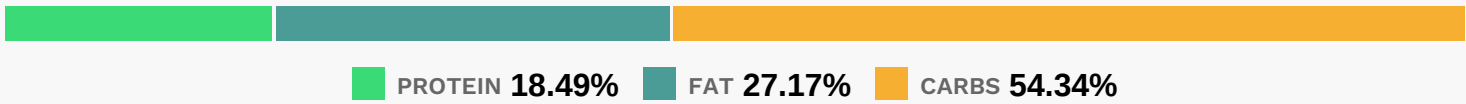
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven or pot, heat 2 tablespoons of the olive oil.
- ☐ Add the onion, garlic and rosemary and cook over moderate heat until the onion is softened.
- ☐ Add the carrots, parsnips, broccoli stems and squash and cook for 1 minute.
- ☐ Add the broth, season with salt and pepper and simmer until the vegetables are nearly tender, about 15 minutes.
- ☐ Meanwhile, in a medium skillet, heat the remaining 2 tablespoons of olive oil.
- ☐ Add the pasta and cook over moderately high heat, stirring frequently, until it is deeply golden, about 4 minutes.
- ☐ Add the toasted pasta and the lima beans to the soup; cook until the pasta and vegetables are tender, 5 to 6 minutes. Discard the rosemary. Stir the cheese into the soup and serve, passing extra cheese at the table.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:20.610869467906%

Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 133.21kcal (6.66%), Fat: 4.35g (6.69%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 15.08g (5.48%), Sugar: 3.46g (3.84%), Cholesterol: 2.6mg (0.87%), Sodium: 286.57mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Vitamin C: 89.74mg (108.78%), Vitamin K: 99.41µg (94.68%), Vitamin A: 3846.2IU (76.92%), Manganese: 0.46mg (22.99%), Folate: 78.86µg (19.72%), Fiber: 4.49g (17.94%), Potassium: 559.66mg (15.99%), Phosphorus: 141.15mg (14.12%), Vitamin B6: 0.25mg (12.56%), Vitamin E: 1.69mg (11.25%), Vitamin B3: 2.16mg (10.81%), Magnesium: 40.93mg (10.23%), Selenium: 6.83µg (9.76%), Vitamin B2: 0.16mg (9.62%), Calcium: 95.76mg (9.58%), Vitamin B1: 0.12mg (8.08%), Vitamin B5: 0.77mg (7.73%), Iron: 1.38mg (7.68%), Copper: 0.15mg (7.41%), Zinc: 0.79mg (5.25%), Vitamin B12: 0.1µg (1.65%)