



Root Vegetable Minestrone with Bacon

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups butternut squash peeled chopped
- ☐ 0.8 cup .5 can cannellini beans unsalted rinsed drained
- ☐ 0.7 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 2.7 cups chicken stock see unsalted
- ☐ 0.3 cup ditalini pasta uncooked
- ☐ 0.5 teaspoon basil dried

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup onion chopped
- ☐ 0.5 cup parsnips chopped
- ☐ 5 slices center-cut bacon chopped
- ☐ 4 teaspoons tomato paste unsalted

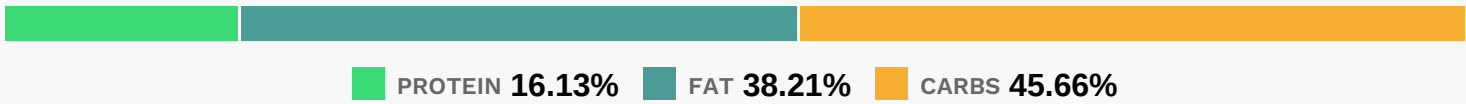
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook bacon in a large Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan; reserve 1 tablespoon drippings in pan. Increase heat to medium-high.
- ☐ Add butternut squash and next 8 ingredients (through garlic) to drippings in pan; saut 8 minutes, stirring occasionally.
- ☐ Add chicken stock, scraping pan to loosen browned bits. Bring to a boil; cover, reduce heat, and simmer for 15 minutes. Stir in uncooked pasta; cook 10 minutes. Stir in cannellini beans, salt, and pepper; cook 2 minutes or until vegetables and pasta are tender. Divide soup evenly among 4 bowls; top evenly with bacon.

Nutrition Facts



Properties

Glycemic Index:66.21, Glycemic Load:3.31, Inflammation Score:-10, Nutrition Score:17.745652053667%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 304.6kcal (15.23%), Fat: 13.26g (20.4%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 30.06g (10.93%), Sugar: 8.27g (9.19%), Cholesterol: 22.95mg (7.65%), Sodium: 706.9mg (30.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Vitamin A: 8695.14IU (173.9%), Vitamin B3: 5mg (25%), Selenium: 17.14µg (24.49%), Vitamin C: 19.64mg (23.8%), Manganese: 0.48mg (23.8%), Fiber: 5.59g (22.36%), Potassium: 707.83mg (20.22%), Vitamin B6: 0.4mg (20.14%), Vitamin B1: 0.25mg (16.47%), Phosphorus: 161.16mg (16.12%), Vitamin K: 16.47µg (15.69%), Iron: 2.41mg (13.36%), Vitamin B2: 0.23mg (13.32%), Folate: 51.37µg (12.84%), Copper: 0.25mg (12.28%), Magnesium: 48.37mg (12.09%), Vitamin E: 1.56mg (10.43%), Calcium: 90.23mg (9.02%), Zinc: 1.08mg (7.22%), Vitamin B5: 0.65mg (6.48%), Vitamin B12: 0.14µg (2.29%)