



Rustic Chicken Minestrone



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce garbanzo beans drained and rinsed canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 3 medium carrots cut into 1/4-inch rounds
- ☐ 8 cups chicken broth
- ☐ 2 cloves garlic minced
- ☐ 1 bunch kale shredded stemmed
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion diced

- ☐ 1 beef grated
- ☐ 0.8 cup shells
- ☐ 4 servings salt and pepper
- ☐ 1 cup chicken shredded cooked
- ☐ 1 medium zucchini diced

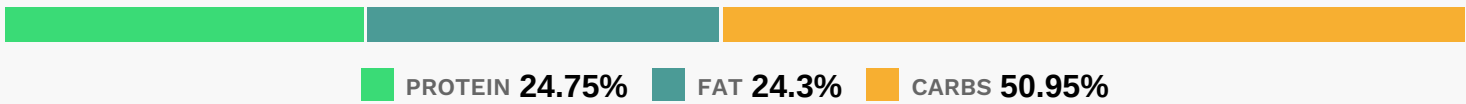
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ In a large, heavy pot (such as a Dutch oven), heat the olive oil over medium until shimmering.
- ☐ Add the onion and cook until translucent and soft, 6–8 minutes, then add the garlic and cook for a few minutes more.
- ☐ Add the tomatoes with their juice and cook until the liquid is evaporated, 5 minutes more.
- ☐ Add the chicken broth and bring to a boil, then add the pasta, carrots, and Parmesan rind (if using). Simmer for 5 minutes, then add the kale, zucchini, and chickpeas. Cook until zucchini is crisp-tender and the pasta is almost al dente.
- ☐ Add the chicken and cook until just warmed through. Season to soup to taste with salt and pepper, ladle into bowls, and serve with grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:67.79, Glycemic Load:14.05, Inflammation Score:-10, Nutrition Score:35.878695674565%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg Kaempferol: 15.5mg, Kaempferol: 15.5mg, Kaempferol: 15.5mg, Kaempferol: 15.5mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg

Nutrients (% of daily need)

Calories: 367.06kcal (18.35%), Fat: 10.3g (15.84%), Saturated Fat: 1.63g (10.22%), Carbohydrates: 48.57g (16.19%), Net Carbohydrates: 37.67g (13.7%), Sugar: 12.03g (13.37%), Cholesterol: 35.83mg (11.94%), Sodium: 2455.04mg (106.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.59g (47.18%), Vitamin A: 11256.69IU (225.13%), Vitamin K: 142.8µg (136%), Manganese: 1.89mg (94.28%), Vitamin C: 54.22mg (65.72%), Vitamin B6: 1.08mg (53.78%), Fiber: 10.9g (43.6%), Selenium: 25.93µg (37.04%), Vitamin B2: 0.61mg (35.65%), Vitamin B3: 6.65mg (33.25%), Potassium: 1105.45mg (31.58%), Phosphorus: 303.68mg (30.37%), Copper: 0.58mg (29.06%), Iron: 4.63mg (25.74%), Magnesium: 100.16mg (25.04%), Vitamin B1: 0.36mg (23.72%), Folate: 91.41µg (22.85%), Calcium: 215.02mg (21.5%), Vitamin E: 2.62mg (17.5%), Zinc: 2.61mg (17.43%), Vitamin B5: 1.38mg (13.75%), Vitamin B12: 0.2µg (3.35%)