



Sicilian Potato and Pasta Soup

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons herbs mixed such as flat-leaf parsley, basil and sage finely chopped
- ☐ 0.5 cup mascarpone cheese sour
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 4 servings salt
- ☐ 1 large tomatoes cut into 3/4-inch dice
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup tubetti

- ☐ 3 vegetable bouillon cubes dissolved in 1 cup of boiling water
- ☐ 1 pound yukon gold cut into 3/4-inch cubes

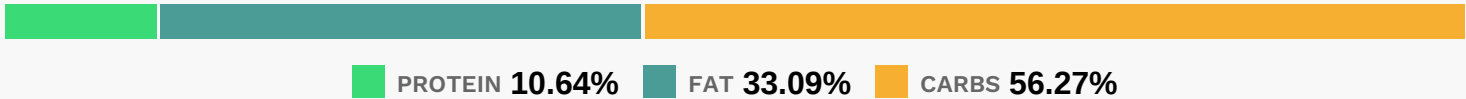
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, cook the onion in the oil over moderate heat, stirring, until just softened, about 5 minutes. Stir in the tomato paste and cook for 1 minute.
- ☐ Add the potatoes, bouillon, crushed pepper and 5 cups of water. Cover and bring to a boil. Stir in the pasta and cook until al dente, about 10 minutes. Stir in the tomato and herbs and cook for 1 minute longer. Season with salt and serve with mascarpone.
- ☐ Wine Recommendation: 1995 Corvo Bianco or 1995 Regaleali Bianco, both from Sicily.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:18.208695764127%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 493.7kcal (24.68%), Fat: 18.16g (27.93%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 69.46g (23.15%), Net Carbohydrates: 64.1g (23.31%), Sugar: 6.62g (7.36%), Cholesterol: 28.13mg (9.38%), Sodium: 813.59mg (35.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.26%), Vitamin K: 59.4µg (56.57%), Selenium: 38.54µg (55.05%), Manganese: 0.82mg (41.06%), Vitamin C: 23.76mg (28.8%), Potassium: 896.1mg (25.6%), Vitamin A: 1193.04IU (23.86%), Fiber: 5.36g (21.46%), Phosphorus: 208.61mg (20.86%), Copper: 0.4mg (19.78%), Vitamin B6: 0.37mg (18.44%), Magnesium: 69.1mg (17.28%), Vitamin B3: 2.91mg (14.55%), Iron: 2.24mg

(12.47%), Folate: 48.66µg (12.17%), Vitamin B1: 0.18mg (12.15%), Zinc: 1.42mg (9.47%), Vitamin E: 1.25mg (8.31%), Calcium: 81.6mg (8.16%), Vitamin B5: 0.67mg (6.7%), Vitamin B2: 0.1mg (6.06%)