

Soupe au Pistou



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves loosely packed
- ☐ 1.5 cups canned tomatoes diced canned drained (one 15-ounce can)
- ☐ 2 carrots chopped
- ☐ 1 quart chicken broth low-sodium homemade canned
- ☐ 0.5 cup elbow macaroni
- ☐ 3 small cloves garlic peeled
- ☐ 0.3 pound green beans cut into 1-inch lengths
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 6 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 pound potatoes boiling peeled cut into 1/2-inch dice
- ☐ 2 teaspoons salt
- ☐ 3 cups water
- ☐ 0.5 pound zucchini quartered thin

Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot, heat 2 tablespoons of the oil over moderately low heat.
- ☐ Add the onion and carrots and cook, stirring occasionally, until the onions are translucent, about 5 minutes.
- ☐ Add the zucchini, green beans, 3/4 teaspoon of the salt, and the pepper and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes longer.
- ☐ Add the potatoes, tomatoes, broth, and water and bring to a boil. Reduce the heat and simmer 15 minutes.
- ☐ Add the beans, pasta, and 1 teaspoon of the salt. Continue simmering until the vegetables are tender and the pasta is cooked through, about 10 minutes longer.
- ☐ Remove from the heat.
- ☐ Meanwhile, in a blender or food processor, puree the garlic, basil, and the remaining 4 tablespoons oil and 1/4 teaspoon salt. Stir 1/4 cup of this pistou into the soup.
- ☐ Serve the soup topped with the remaining pistou.
- ☐ Wine Recommendation: A good German riesling will cut through the richness of the soup and refresh your palate with its lively flavor. Try a kabinett or sptlese wine, preferably halbtrocken (on the dry side).

Nutrition Facts



Properties

Glycemic Index:66.71, Glycemic Load:2.75, Inflammation Score:-10, Nutrition Score:25.569130254828%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg

Nutrients (% of daily need)

Calories: 434.08kcal (21.7%), Fat: 23.37g (35.95%), Saturated Fat: 3.52g (22%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 42.3g (15.38%), Sugar: 9.8g (10.89%), Cholesterol: 0mg (0%), Sodium: 1422.6mg (61.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.21%), Vitamin A: 5835.71IU (116.71%), Vitamin K: 62.51µg (59.53%), Vitamin C: 38.09mg (46.17%), Manganese: 0.77mg (38.43%), Potassium: 1316.64mg (37.62%), Vitamin B3: 6.36mg (31.8%), Vitamin B6: 0.6mg (29.91%), Vitamin E: 4.11mg (27.41%), Copper: 0.52mg (26.2%), Fiber: 6.39g (25.55%), Phosphorus: 251.19mg (25.12%), Magnesium: 77.61mg (19.4%), Iron: 3.47mg (19.25%), Selenium: 12.57µg (17.95%), Folate: 70.81µg (17.7%), Vitamin B2: 0.28mg (16.71%), Vitamin B1: 0.24mg (16.06%), Calcium: 112.13mg (11.21%), Zinc: 1.47mg (9.78%), Vitamin B5: 0.83mg (8.35%), Vitamin B12: 0.24µg (3.94%)