



Spaghetti Minestrone

READY IN



35 min.

SERVINGS



15

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tomatoes diced canned drained
- ☐ 0.5 cup beans white canned rinsed drained
- ☐ 1 carrots diced
- ☐ 1 cup cauliflower florets
- ☐ 2 ribs celery thinly sliced
- ☐ 1.5 cups spaghetti cooked chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2.5 oz green beans cut into 1/4-inch pieces

- ☐ 6 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 15 servings parmesan grated for garnish
- ☐ 15 servings salt and pepper
- ☐ 1 zucchini sliced lengthwise cut into 1/4-inch-thick pieces

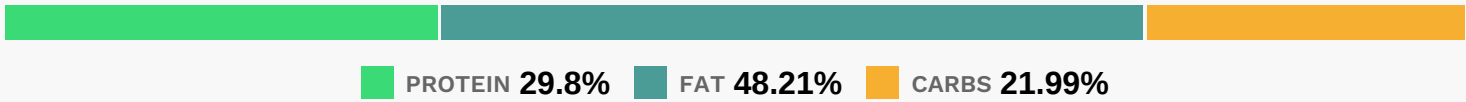
Equipment

- ☐ pot

Directions

- ☐ Warm oil in a large pot over medium-high heat.
- ☐ Add carrot, onion and celery; cook, stirring often, until softened, 3 to 5 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Pour in broth, increase heat to high and bring to boil.
- ☐ Add both types of beans. Cover, reduce heat to low and simmer 5 minutes.
- ☐ Add cauliflower, spaghetti, zucchini and tomatoes. Cook until vegetables are tender, about 8 minutes.
- ☐ Add parsley; season with salt and pepper.
- ☐ Garnish with Parmesan.

Nutrition Facts



Properties

Glycemic Index:24.49, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:9.8804347204125%

Flavonoids

Apigenin: 1.31mg, Apigenin: 1.31mg, Apigenin: 1.31mg, Apigenin: 1.31mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg,

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 192.04kcal (9.6%), Fat: 10.45g (16.08%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 9.29g (3.38%), Sugar: 2.03g (2.25%), Cholesterol: 20.4mg (6.8%), Sodium: 737.09mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.08%), Calcium: 380.98mg (38.1%), Phosphorus: 268.25mg (26.82%), Vitamin A: 1060.17IU (21.2%), Vitamin K: 16.78µg (15.98%), Selenium: 10.74µg (15.35%), Vitamin C: 9.34mg (11.32%), Vitamin B2: 0.17mg (10.06%), Vitamin B3: 1.75mg (8.76%), Manganese: 0.16mg (8.16%), Zinc: 1.19mg (7.93%), Potassium: 277.52mg (7.93%), Vitamin B12: 0.45µg (7.57%), Magnesium: 28.13mg (7.03%), Iron: 1.17mg (6.49%), Vitamin B6: 0.13mg (6.37%), Copper: 0.12mg (5.88%), Fiber: 1.44g (5.74%), Folate: 21.64µg (5.41%), Vitamin E: 0.59mg (3.91%), Vitamin B1: 0.05mg (3.24%), Vitamin B5: 0.3mg (3%)