



WHATSheATE



HEALTH SCORE

54%

Spring Minestrone Soup



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp olive oil
- ☐ 6 green onions
- ☐ 2 large garlic cloves green
- ☐ 1 pound yukon gold potatoes cut into 1-inch chunks
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 4 cups chicken stock see (use vegetable stock if cooking vegetarian or vegan)
- ☐ 4 servings salt
- ☐ 0.5 pound artichoke hearts fresh chopped ()

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 cup peas fresh ()
- ☐ 0.5 pound asparagus cut into 1-inch chunks
- ☐ 2 cups greens sliced into thin ribbons (dandelion, chard, spinach, kale, arugula, etc)
- ☐ 1 cup up pesto
- ☐ 4 servings pecorino cheese) grated for garnish (omit for vegan version
- ☐ 1 teaspoon pepper black

Equipment

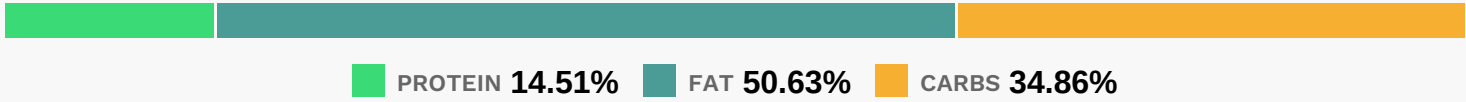
- ☐ pot

Directions

- ☐ Prep green onions, green garlic, potatoes, artichoke hearts: Chop the green onions and green garlic and separate the white and light green parts from the green tops. If you are using regular garlic cloves, put them with the white parts of the green onions.
- ☐ Scrub potatoes and cut them into 1-inch chunks. Either trim fresh artichokes down to their hearts and chop the hearts (see How to Trim Artichokes) or chop up defrosted frozen artichoke hearts.
- ☐ Sauté white parts of green onions and garlic, add potatoes: In a large pot set over medium-high heat, warm the olive oil for 1 minute.
- ☐ Add the white parts of the green onions as well as the garlic and sauté for 1 minute.
- ☐ Add the potatoes, and cook 1 minute more.
- ☐ Add the diced tomatoes with their liquid and the quart of vegetable or chicken stock.
- ☐ Bring to a simmer, add salt to taste, then cover and cook over medium-low heat for 10 minutes.
- ☐ Add artichoke hearts (if using fresh) and cook another 5 minutes
- ☐ Add the chickpeas and green peas and cook another 5 minutes.
- ☐ Add the asparagus and artichoke hearts (if using frozen artichoke hearts). Cook 2 minutes.
- ☐ Add the greens and the green parts from the green onions and green garlic, if using. Stir well to combine and cook 1 minute.

- ☐ pesto, salt, pepper: Turn off the heat and stir in the pesto.
- ☐ Add black pepper and more salt to taste (depending on how salty your stock is, you may need to add 1 to 2 teaspoons of salt).
- ☐ Serve topped with grated cheese.

Nutrition Facts



Properties

Glycemic Index:109.1, Glycemic Load:24.49, Inflammation Score:-10, Nutrition Score:39.196087609167%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 711.05kcal (35.55%), Fat: 40.82g (62.81%), Saturated Fat: 10.43g (65.18%), Carbohydrates: 63.24g (21.08%), Net Carbohydrates: 47.97g (17.44%), Sugar: 13.82g (15.36%), Cholesterol: 36.16mg (12.05%), Sodium: 2743.69mg (119.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.67%), Vitamin K: 155.79µg (148.38%), Vitamin A: 4416.59IU (88.33%), Manganese: 1.73mg (86.73%), Vitamin C: 57.97mg (70.26%), Fiber: 15.27g (61.08%), Vitamin B6: 1.2mg (59.77%), Calcium: 561.58mg (56.16%), Phosphorus: 497.43mg (49.74%), Folate: 154.44µg (38.61%), Potassium: 1316.92mg (37.63%), Iron: 6.7mg (37.22%), Copper: 0.71mg (35.27%), Magnesium: 124.93mg (31.23%), Vitamin B1: 0.42mg (27.88%), Vitamin E: 3.51mg (23.43%), Vitamin B2: 0.39mg (23.04%), Vitamin B3: 4.19mg (20.94%), Zinc: 3.05mg (20.35%), Selenium: 9.91µg (14.15%), Vitamin B5: 1.31mg (13.09%), Vitamin B12: 0.34µg (5.6%)