



Springtime minestrone

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g savory vegetable mixed green (we used asparagus, broad beans and spring onions)
- ☐ 700 ml vegetable stock hot
- ☐ 140 g noodles cooked chopped well (spaghetti works , into small pieces)
- ☐ 215 g butter beans rinsed drained canned
- ☐ 3 tbsp basil pesto green

Equipment

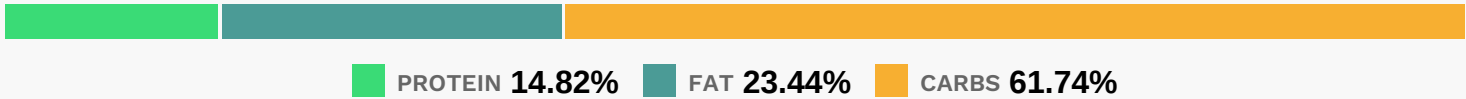
- ☐ bowl
- ☐ sauce pan

 ladle

Directions

 Place the green vegetables in a medium-size saucepan, then pour over the stock. Bring to the boil, then reduce the heat and simmer until the vegetables are cooked through, about 3 mins. Stir in the cooked pasta, beans and 1 tbsp of pesto. Warm through, then ladle into bowls and top each with another drizzle of pesto.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:10.02, Inflammation Score:-9, Nutrition Score:9.4921739159719%

Nutrients (% of daily need)

Calories: 181.99kcal (9.1%), Fat: 4.84g (7.45%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 23.28g (8.47%), Sugar: 2.03g (2.26%), Cholesterol: 0.9mg (0.3%), Sodium: 1004.94mg (43.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Vitamin A: 3136.05IU (62.72%), Fiber: 5.39g (21.56%), Manganese: 0.43mg (21.49%), Selenium: 11.86µg (16.94%), Folate: 43.83µg (10.96%), Iron: 1.96mg (10.9%), Magnesium: 39.26mg (9.82%), Phosphorus: 89.57mg (8.96%), Copper: 0.18mg (8.91%), Potassium: 239.65mg (6.85%), Vitamin B1: 0.1mg (6.5%), Vitamin C: 5.2mg (6.3%), Vitamin B6: 0.11mg (5.7%), Zinc: 0.75mg (5.02%), Vitamin B3: 0.91mg (4.53%), Calcium: 44.35mg (4.43%), Vitamin B2: 0.07mg (3.99%), Vitamin B5: 0.26mg (2.6%)