



## Summer Minestrone

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bunch asparagus cut into 1-inch pieces
- 1 bay leaf
- 2 celery ribs peeled chopped
- 1 cup basil leaves fresh
- 2 tablespoons basil leaves fresh chopped
- 3 sprigs marjoram fresh
- 1 cup mint leaves fresh
- 2 garlic cloves minced peeled

- 4 garlic cloves roughly chopped
- 2 cups young green beans cut into 1-inch pieces
- 1 cup heavy cream
- 8 servings kosher salt and pepper black freshly ground
- 2 quarts chicken stock see low-sodium to cover
- 0.3 cup olive oil extra-virgin
- 0.5 cup olive oil extra-virgin
- 1 medium onion diced
- 0.5 cup parmesan
- 2 cups peas frozen english shelled (or substitute )
- 0.5 cup pinenuts toasted
- 0.3 teaspoon salt
- 1 bunch watercress

## Equipment

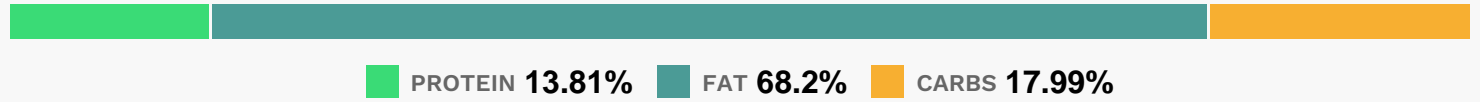
- food processor
- bowl
- pot

## Directions

- In a large, heavy pot add a 3-count of extra-virgin olive oil.
- Add garlic, onion, bay leaf, marjoram and basil.
- Saute gently until fragrant.
- Add the vegetables and cook a little of the moisture out, about 5 to 7 minutes. Season with salt and pepper. Dump in the chicken stock and heavy cream bring to a gentle boil. Reduce heat and simmer uncovered for 15 to 20 so the flavours can come together – do not let it boil hard.
- Remove half of the vegetables from the pot and puree and add back to the pot to thicken. Simmer for 5 to 7 minutes until the vegetables are just tender.

- Serve each bowl with a spoonful of basil and mint pesto on top, a drizzle of extra-virgin olive oil and some freshly ground black pepper.
- Garnish with watercress or parsley.
- Put all the ingredients into a food processor and pulse until just combined and the pesto still has a lot of texture.

## Nutrition Facts



### Properties

Glycemic Index:63.04, Glycemic Load:2.86, Inflammation Score:-9, Nutrition Score:22.123478205308%

### Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg, Isorhamnetin: 3.9mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

### Nutrients (% of daily need)

Calories: 367.43kcal (18.37%), Fat: 29.38g (45.2%), Saturated Fat: 10.1g (63.11%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 12.27g (4.46%), Sugar: 6.18g (6.86%), Cholesterol: 37.87mg (12.62%), Sodium: 261.83mg (11.38%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.39g (26.77%), Vitamin K: 83.01µg (79.06%), Manganese: 1.23mg (61.29%), Vitamin A: 1934.17IU (38.68%), Vitamin C: 27.14mg (32.9%), Phosphorus: 274.92mg (27.49%), Vitamin B3: 5.33mg (26.66%), Copper: 0.48mg (23.75%), Vitamin E: 3.3mg (22%), Vitamin B2: 0.35mg (20.66%), Fiber: 5.16g (20.63%), Iron: 3.62mg (20.12%), Folate: 78.96µg (19.74%), Potassium: 635.35mg (18.15%), Vitamin B1: 0.26mg (17.23%), Calcium: 169.51mg (16.95%), Magnesium: 64.86mg (16.22%), Zinc: 1.99mg (13.29%), Vitamin B6: 0.26mg (13.08%), Selenium: 4.91µg (7.01%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.46mg (4.56%), Vitamin D: 0.51µg (3.38%)