



Summer Squash and Pasta Soup

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 0.7 cup .5 oz. macaroni tube-shaped uncooked (very short macaroni)
- 0.7 cup .5 oz. macaroni tube-shaped uncooked (very short macaroni)
- 0.3 cup wine dry white
- 0.5 teaspoon thyme sprigs fresh chopped
- 1 garlic clove minced
- 1 tablespoon juice of lemon fresh
- 0.8 cup onion chopped

- 0.3 teaspoon salt
- 2 cups vegetable stock organic (such as Swanson Certified)
- 1 cup water
- 1.5 cups to 3 sized squashes yellow halved lengthwise thinly sliced

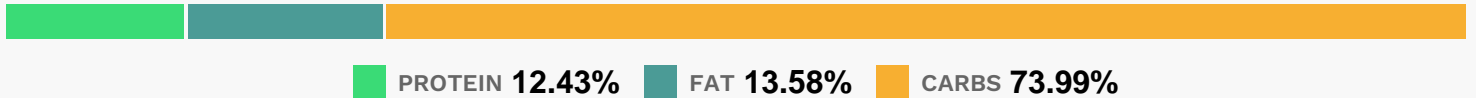
Equipment

- sauce pan

Directions

- Melt butter in a large saucepan over medium-high heat.
- Add onion and garlic; saut 3 minutes or until tender.
- Add squash; saut 2 minutes.
- Add wine; cook 1 minute or until liquid almost evaporates.
- Add broth and water; bring to a boil.
- Add pasta; cook 10 minutes or until pasta is done. Stir in juice, thyme, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:7.3065217451557%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 187.24kcal (9.36%), Fat: 2.68g (4.13%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 30.71g (11.17%), Sugar: 4.39g (4.87%), Cholesterol: 5.38mg (1.79%), Sodium: 639.48mg (27.8%), Alcohol: 1.54g (100%), Alcohol %: 0.64% (100%), Protein: 5.53g (11.05%), Selenium: 22.51µg (32.16%), Manganese: 0.49mg (24.25%), Vitamin C: 11.51mg (13.95%), Vitamin B6: 0.2mg (9.9%), Phosphorus: 96.16mg (9.62%), Fiber: 2.19g (8.76%), Vitamin A: 410.95IU (8.22%), Magnesium: 31.93mg (7.98%), Copper: 0.15mg (7.53%), Potassium: 254.21mg (7.26%), Folate: 25.42µg (6.36%), Vitamin B2: 0.1mg (5.6%), Zinc: 0.71mg (4.74%), Vitamin B1: 0.07mg (4.61%), Vitamin B3: 0.87mg (4.34%), Iron: 0.78mg (4.33%), Calcium: 27.57mg (2.76%), Vitamin B5: 0.28mg (2.75%), Vitamin K: 1.88µg (1.79%), Vitamin E: 0.16mg (1.07%)