



Sweet Potato Minestrone

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounce canned tomatoes diced italian-style canned
- 2 large carrots sliced thin
- 2 large stalks celery chopped
- 5 cloves garlic minced
- 6 ounces green beans cut into 1 inch pieces
- 2.5 teaspoons penzey's southwest seasoning italian
- 1 large onion chopped
- 6 servings salt and pepper to taste

- 2 large sweet potatoes diced peeled
- 5 cups vegetable broth
- 1 tablespoon vegetable oil

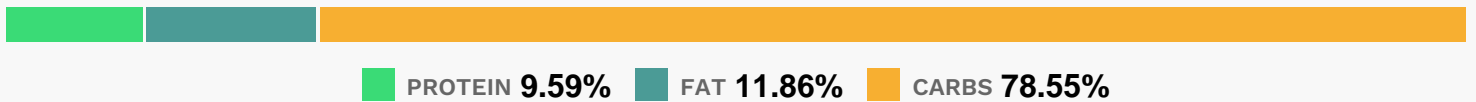
Equipment

- pot

Directions

- Heat oil in a soup pot over medium-high heat.
- Saute onion, celery, Italian seasoning, salt and pepper until tender, about 5 minutes. Stir in tomatoes, with the juice, broth, sweet potatoes, carrots, green beans and garlic. Bring to a boil; reduce heat to low and simmer, stirring occasionally, until vegetables are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:54.64, Glycemic Load:17.23, Inflammation Score:-10, Nutrition Score:20.700869549876%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 206.06kcal (10.3%), Fat: 2.91g (4.48%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 34.97g (12.71%), Sugar: 15.58g (17.31%), Cholesterol: 0mg (0%), Sodium: 1244.65mg (54.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin A: 21059.98IU (421.2%), Manganese: 0.76mg (38%), Vitamin K: 37.81µg (36.01%), Fiber: 8.4g (33.58%), Vitamin B6: 0.59mg (29.4%), Potassium: 997.91mg (28.51%), Vitamin C: 22.83mg (27.67%), Copper: 0.47mg (23.55%), Magnesium: 71.61mg (17.9%), Iron: 3.21mg (17.81%), Vitamin E: 2.6mg (17.36%), Vitamin B1: 0.25mg (16.5%), Vitamin B5: 1.49mg (14.9%), Vitamin B3: 2.82mg (14.1%), Folate: 55.18µg (13.8%), Phosphorus: 130.28mg (13.03%), Calcium: 126.43mg (12.64%), Vitamin B2:

0.2mg (11.93%), Zinc: 0.93mg (6.23%), Selenium: 2.24µg (3.2%)