

Turkey Minestrone

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces kidney beans rinsed drained canned
- 2 tablespoons canola oil
- 6 cups chicken broth
- 2 tablespoons apple cider vinegar
- 1.5 cups elbow macaroni cooked
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- 1 teaspoon basil dried
- 0.5 cup parsley fresh minced

- 10 ounces savory vegetable mixed frozen
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- 2 garlic clove minced
- 0.5 pound pd of ground turkey lean
- 0.7 cup onion chopped
- 1 teaspoon oregano dried
- 1 pinch pepper
- 0.5 teaspoon salt
- 0.5 pound turkey sausage italian hot
- 28 ounces stewed tomatoes italian canned
- 1 medium zucchini sliced

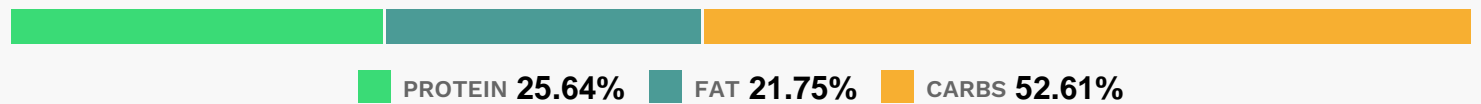
Equipment

- pot

Directions

- In a stockpot over medium heat, saute onion in oil until tender, about 4 minutes.
- Add the next six ingredients; cook until meat is no longer pink.
- Add the tomatoes, broth, zucchini and mixed vegetables; cover and cook on low heat for 5 minutes. Stir in the beans, macaroni, vinegar, salt if desired and pepper; simmer for 3-4 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:6.94, Inflammation Score:-8, Nutrition Score:13.360869537229%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg,

Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg
Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.45mg, Quercetin: 1.45mg,
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Nutrients (% of daily need)

Calories: 165.92kcal (8.3%), Fat: 4.15g (6.38%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 22.58g (7.53%), Net
Carbohydrates: 18.18g (6.61%), Sugar: 3.87g (4.3%), Cholesterol: 17.07mg (5.69%), Sodium: 740.05mg (32.18%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Vitamin A: 2095.78IU (41.92%), Vitamin K: 36.77µg
(35.02%), Vitamin C: 17.44mg (21.14%), Selenium: 14.44µg (20.62%), Manganese: 0.39mg (19.55%), Iron: 3.3mg
(18.35%), Fiber: 4.4g (17.6%), Vitamin B3: 3.23mg (16.16%), Phosphorus: 146.8mg (14.68%), Vitamin B6: 0.29mg
(14.5%), Potassium: 406.97mg (11.63%), Vitamin B2: 0.18mg (10.6%), Copper: 0.21mg (10.45%), Magnesium: 41.01mg
(10.25%), Vitamin B1: 0.15mg (10%), Zinc: 1.25mg (8.34%), Folate: 31.79µg (7.95%), Vitamin E: 0.84mg (5.63%),
Calcium: 53.07mg (5.31%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.15µg (2.51%)