

## Tuscan Bean Soup (Ribollita)

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



250 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 ounce .5 can cannellini beans canned
- 14 ounce canned tomatoes chopped canned
- 4 carrots chopped
- 2 stalks celery chopped
- 1 cup chicken stock see
- 4 cloves garlic crushed
- 6 servings salt and ground pepper black to taste
- 1 tablespoon olive oil

- 1 large onion sliced
- 0.3 cup pesto
- 16 ounce pkt spinach fresh
- 56 ounce vegetable stock canned
- 2 zucchini sliced

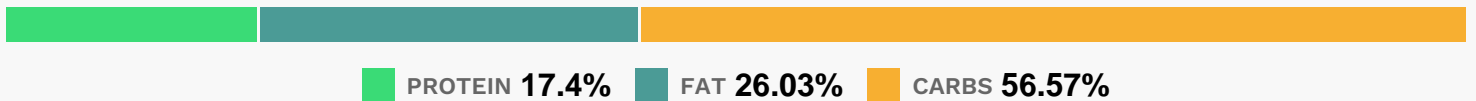
## Equipment

- bowl
- frying pan
- ladle
- pot

## Directions

- Heat 1/4 cup olive oil in a large stockpot over medium heat; saute onion, carrots, celery, and garlic until lightly browned, about 10 minutes.
- Add zucchini and cook until slightly softened, 3 to 4 minutes. Stir vegetable stock, cannellini beans, chopped tomatoes, chicken stock, and pesto into vegetable mixture; bring to a boil. Reduce heat to medium-low and simmer until vegetables are tender, 30 to 35 minutes. Season with salt and pepper.
- Heat 1 tablespoon olive oil in a large skillet or frying pan over medium heat; saute spinach until wilted, about 5 minutes. Spoon sauteed spinach into each serving bowl; ladle soup over spinach.

## Nutrition Facts



## Properties

Glycemic Index:54.81, Glycemic Load:9.1, Inflammation Score:-10, Nutrition Score:31.096521958061%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg,

Isorhamnetin: 1.25mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

## **Nutrients (% of daily need)**

Calories: 250.48kcal (12.52%), Fat: 7.69g (11.83%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 28.62g (10.41%), Sugar: 11.47g (12.74%), Cholesterol: 2.03mg (0.68%), Sodium: 1408.14mg (61.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.57g (23.14%), Vitamin K: 384.57µg (366.26%), Vitamin A: 14989.76IU (299.8%), Manganese: 1.43mg (71.51%), Folate: 236.36µg (59.09%), Vitamin C: 44.39mg (53.81%), Potassium: 1360.62mg (38.87%), Fiber: 8.98g (35.94%), Magnesium: 131.98mg (32.99%), Iron: 5.67mg (31.51%), Vitamin B6: 0.55mg (27.59%), Vitamin E: 3.66mg (24.4%), Copper: 0.48mg (24%), Calcium: 205.95mg (20.6%), Vitamin B2: 0.34mg (19.95%), Phosphorus: 186.23mg (18.62%), Vitamin B1: 0.27mg (17.68%), Vitamin B3: 2.85mg (14.24%), Zinc: 1.82mg (12.13%), Vitamin B5: 0.69mg (6.85%), Selenium: 3.81µg (5.44%)