



HEALTH SCORE

54%

Tuscan Style Bean Soup



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup tomatoes whole canned chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 servings ground pepper black to taste
- ☐ 1.5 cups kidney beans cooked
- ☐ 3 cups chicken broth low fat, low sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 1 cup seashell pasta
- ☐ 1 bell pepper red chopped
- ☐ 0.5 cup pkt spinach chopped

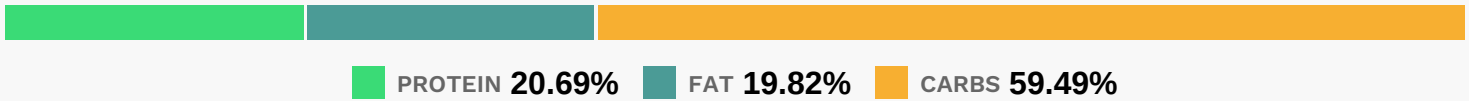
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes.
- ☐ Add the red bell pepper and saute for 3 more minutes.
- ☐ Add the broth, tomatoes and beans. Bring to a boil, reduce heat to low and simmer for 20 minutes.
- ☐ Add the thyme, spinach and pasta. Simmer for 5 more minutes and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:5.91, Inflammation Score:-9, Nutrition Score:11.888260831004%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 155.08kcal (7.75%), Fat: 3.57g (5.5%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 19.21g (6.99%), Sugar: 3.15g (3.49%), Cholesterol: 0mg (0%), Sodium: 97.88mg (4.26%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.39g (16.79%), Vitamin C: 33.08mg (40.09%), Manganese: 0.44mg (22.14%), Folate: 80.33µg (20.08%), Fiber: 4.92g (19.67%), Vitamin A: 934.88IU (18.7%), Vitamin K: 19.59µg (18.66%), Phosphorus: 138.83mg (13.88%), Potassium: 469.29mg (13.41%), Iron: 2.41mg (13.41%), Vitamin B3: 2.58mg (12.91%), Copper: 0.25mg (12.28%), Vitamin B6: 0.22mg (11.16%), Selenium: 7.17µg (10.25%), Magnesium: 38.47mg (9.62%),

Vitamin B1: 0.12mg (8.09%), Vitamin B2: 0.12mg (7.06%), Vitamin E: 1mg (6.68%), Zinc: 0.91mg (6.05%), Calcium: 44.67mg (4.47%), Vitamin B5: 0.28mg (2.85%), Vitamin B12: 0.12µg (1.97%)