



Vegetable Soup with Basil and Garlic Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups baby spinach
- ☐ 1 bay leaves (not California)
- ☐ 15 ounce cannellini beans white drained and rinsed canned
- ☐ 3 medium carrots peeled cut into 1/2-inch pieces
- ☐ 1 small fennel bulb (sometimes called anise)
- ☐ 1.5 cups basil fresh
- ☐ 2 sprigs thyme sprigs fresh
- ☐ 10 ounce baby lima beans frozen

- ☐ 3 large garlic clove
- ☐ 0.5 pound haricots verts trimmed cut into 1-inch pieces thin
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped
- ☐ 0.3 pound pancetta sliced chopped
- ☐ 0.3 cup parmesan grated
- ☐ 2 inch parmesan
- ☐ 1 medium potato boiling peeled cut into 1/2-inch pieces
- ☐ 1.5 teaspoons salt
- ☐ 1 medium turnip peeled cut into 1/2-inch pieces
- ☐ 9 cups water
- ☐ 2 small to 3 sized squashes yellow cut into 1/2-inch pieces

Equipment

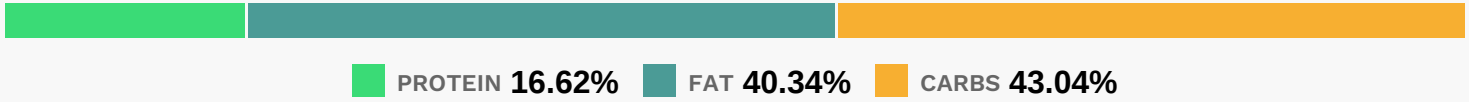
- ☐ food processor
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Cut fennel stalks flush with bulb, discarding them, and trim off any tough outer layers from bulb. Chop fennel into 1/2-inch pieces.
- ☐ Cook pancetta in oil in a 7- to 9-quart heavy pot over moderate heat, stirring occasionally, until just beginning to brown, 5 to 7 minutes. Stir in fennel, onion, turnip, carrots, and cabbage and cook, stirring occasionally, until cabbage is wilted, 5 to 7 minutes.
- ☐ Add cheese rind, squash, potato, thyme sprigs, bay leaf, salt, and water and bring to a boil.
- ☐ Reduce heat and simmer, uncovered, 10 minutes.
- ☐ Add lima beans, green beans, and cannellini and simmer until vegetables are tender, about 5 minutes. Discard cheese rind, thyme sprigs, and bay leaf. Stir in spinach and season with salt and pepper.

- ☐ Mince and mash garlic to a paste with salt (or pound with a mortar and pestle). Blend with basil in a food processor until basil is finely chopped.
- ☐ Add oil and cheese and purée.
- ☐ Top servings with a spoonful of pistou, then stir.

Nutrition Facts



Properties

Glycemic Index:88.64, Glycemic Load:7.79, Inflammation Score:-10, Nutrition Score:32.333478422269%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 427.01kcal (21.35%), Fat: 19.78g (30.43%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 47.48g (15.83%), Net Carbohydrates: 35.71g (12.99%), Sugar: 7.5g (8.33%), Cholesterol: 18.59mg (6.2%), Sodium: 1175.72mg (51.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.68%), Vitamin K: 200.38µg (190.83%), Vitamin A: 8334.17IU (166.68%), Manganese: 1.4mg (69.87%), Vitamin C: 39.49mg (47.87%), Fiber: 11.76g (47.05%), Folate: 165.86µg (41.47%), Potassium: 1415.61mg (40.45%), Magnesium: 132.39mg (33.1%), Phosphorus: 313.46mg (31.35%), Iron: 5.59mg (31.07%), Calcium: 289.37mg (28.94%), Vitamin B6: 0.57mg (28.27%), Copper: 0.51mg (25.64%), Vitamin B1: 0.32mg (21.43%), Vitamin E: 3.16mg (21.04%), Vitamin B2: 0.31mg (18.19%), Zinc: 2.36mg (15.76%), Vitamin B3: 3.13mg (15.64%), Selenium: 9.45µg (13.5%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.2µg (3.37%)