



HEALTH SCORE

57%

Vegetable Soup with Pistou

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots finely chopped (2 medium)
- ☐ 0.5 cup navy beans dried
- ☐ 0.8 cup elbow macaroni uncooked
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 1 cup basil fresh
- ☐ 4 garlic clove peeled
- ☐ 0.3 pound green beans trimmed

- ☐ 1 Dash ground thyme
- ☐ 1.8 cups leek chopped
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 parsley
- ☐ 0.8 cup potatoes diced peeled
- ☐ 1.5 teaspoons salt
- ☐ 1 cup canned tomatoes peeled seeded chopped
- ☐ 6 cups water
- ☐ 10 cup water
- ☐ 1.5 cups zucchini diced (2)

Equipment

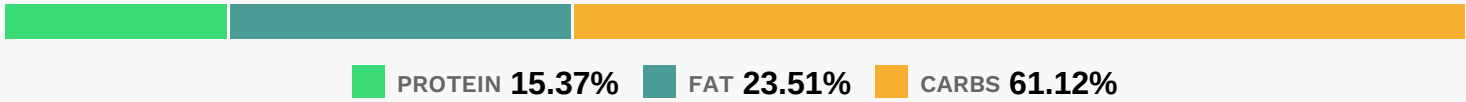
- ☐ food processor
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ To prepare soup, sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain; return beans to pan.
- ☐ Add 6 cups water; bring to a boil. Reduce heat, and simmer for 45 minutes or until tender.
- ☐ Drain; return beans to pan.
- ☐ Add leek and next 9 ingredients (through dash of thyme) to pan, stirring to combine.
- ☐ Add 10 cups water; bring to a boil. Reduce heat; simmer 30 minutes or until potato is tender.
- ☐ Stir in zucchini, macaroni, and green beans; cook 15 minutes or until macaroni is tender. Discard bay leaf.
- ☐ To prepare pistou, combine basil, cheese, and garlic in a food processor; process until a stiff paste forms. With processor on, slowly pour oil through food chute; process until well blended.

- ☐ Serve with soup.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:69.1, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:23.179999970871%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 266.47kcal (13.32%), Fat: 7.18g (11.05%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 42g (14%), Net Carbohydrates: 33.66g (12.24%), Sugar: 6.89g (7.66%), Cholesterol: 4.83mg (1.61%), Sodium: 796.87mg (34.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Vitamin A: 4616.31IU (92.33%), Vitamin K: 71.09µg (67.71%), Manganese: 0.88mg (43.77%), Fiber: 8.34g (33.37%), Vitamin C: 26.3mg (31.88%), Folate: 118.69µg (29.67%), Copper: 0.46mg (23.06%), Vitamin B6: 0.46mg (22.91%), Selenium: 15.93µg (22.76%), Magnesium: 85.37mg (21.34%), Potassium: 745mg (21.29%), Phosphorus: 211.21mg (21.12%), Iron: 3.27mg (18.15%), Vitamin B1: 0.27mg (17.96%), Calcium: 169.79mg (16.98%), Zinc: 1.67mg (11.14%), Vitamin E: 1.55mg (10.36%), Vitamin B2: 0.17mg (10.12%), Vitamin B3: 1.94mg (9.71%), Vitamin B5: 0.61mg (6.07%), Vitamin B12: 0.08µg (1.25%)