



Vegetable Soup with Pistou



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup cannellini dried white (kidney beans)
- ☐ 2 large carrots peeled chopped
- ☐ 1 cup farfalle pasta (bow-tie pasta)
- ☐ 6 garlic cloves minced
- ☐ 0.5 pound green beans trimmed cut into 1-inch pieces
- ☐ 2 leeks white green thinly sliced (and pale parts only)

- ☐ 1 large onion chopped
- ☐ 1 pound red-skinned potatoes quartered
- ☐ 4 thyme sprigs fresh
- ☐ 10 cups water ()
- ☐ 2 medium zucchini chopped
- ☐ 6 servings pistou
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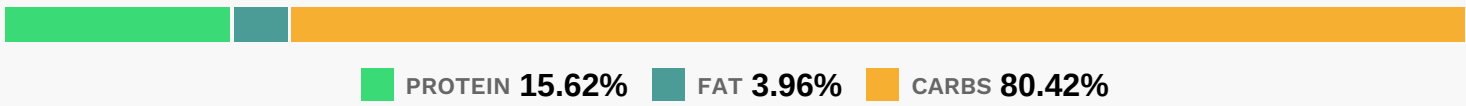
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Combine 4 cups water, beans, onion and 2 garlic cloves in heavy large pot. Bring to boil. Reduce heat. Cover; simmer until beans are just tender, stirring occasionally, about 55 minutes.
- ☐ Add 6 cups water, 4 garlic cloves, potatoes, leeks, carrots, tomatoes with juices, half of green beans, half of zucchini, thyme and bay leaf. Bring to boil. Cover; simmer until vegetables are tender, stirring occasionally, 30 minutes.
- ☐ Add pasta to soup. Simmer 12 minutes.
- ☐ Add remaining green beans and zucchini to soup. Simmer until pasta is just cooked through but still firm to bite, about 5 minutes longer. Season to taste with salt and pepper. Ladle soup into bowls. Spoon 1 tablespoon Pistou atop each. Pass remaining Pistou separately.

Nutrition Facts



Properties

Glycemic Index:49.64, Glycemic Load:7.39, Inflammation Score:-10, Nutrition Score:20.580869467362%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 193.44kcal (9.67%), Fat: 0.9g (1.38%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 33.94g (12.34%), Sugar: 7.59g (8.43%), Cholesterol: 0mg (0%), Sodium: 65.78mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.89%), Vitamin A: 4934.23IU (98.68%), Manganese: 0.79mg (39.73%), Vitamin K: 41.01µg (39.05%), Vitamin C: 32mg (38.79%), Fiber: 6.96g (27.84%), Folate: 110.63µg (27.66%), Potassium: 918.9mg (26.25%), Vitamin B6: 0.51mg (25.5%), Copper: 0.39mg (19.33%), Magnesium: 75mg (18.75%), Phosphorus: 176.26mg (17.63%), Iron: 2.89mg (16.05%), Vitamin B1: 0.23mg (15.29%), Selenium: 8.25µg (11.79%), Vitamin B3: 2.2mg (10.99%), Vitamin B2: 0.18mg (10.79%), Calcium: 95.7mg (9.57%), Zinc: 1.21mg (8.05%), Vitamin B5: 0.7mg (6.96%), Vitamin E: 0.7mg (4.66%)