



White Bean and Pasta Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup carrots chopped
- ☐ 0.7 cup celery chopped
- ☐ 0.3 cup green onions chopped (white and pale green parts only; 2)
- ☐ 6 servings olive oil extra-virgin (for drizzling)
- ☐ 2 cups onions chopped
- ☐ 1 cup soup noodles (such as farfalline)
- ☐ 1 large tomatoes seeded finely chopped
- ☐ 3.5 cups water ()

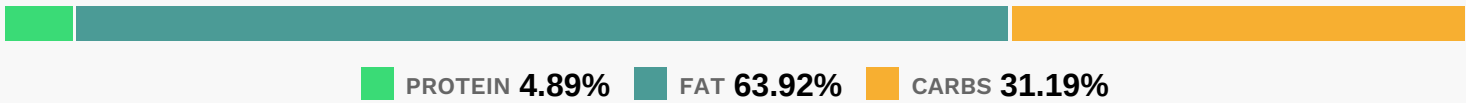
Equipment

- ☐ bowl
- ☐ ladle

Directions

- ☐ Heat 3 tablespoons olive oil in heavy largepot over medium heat.
- ☐ Add onions, carrot,and celery. Sauté until all vegetables aresoft, about 12 minutes.
- ☐ Add 3 1/2 cups water,beans with cooking liquid, and tomato andbring to simmer. Reduce heat to mediumlowand simmer 25 minutes to blendflavors, stirring occasionally.
- ☐ Mix in pasta;bring to boil. Cook until pasta is just tenderbut still firm to bite, adding more water tosoup by 1/2 cupfuls if very thick, about 10minutes. Season soup with salt and pepper.
- ☐ Ladle soup into bowls.
- ☐ Sprinkle withchopped green onions, drizzle with extra-virginolive oil, and serve.
- ☐ Crisp
- ☐ Ruffino 2007 Orvieto Classico (\$1
- ☐ Per serving: 257.0 kcal calories, 31.9 % calories from fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:5, Inflammation Score:-9, Nutrition Score:8.5556520690089%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

Nutrients (% of daily need)

Calories: 196.83kcal (9.84%), Fat: 14.33g (22.04%), Saturated Fat: 2g (12.51%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 13.42g (4.88%), Sugar: 4.28g (4.76%), Cholesterol: 0mg (0%), Sodium: 31.11mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin A: 2735.48IU (54.71%), Vitamin K: 27.71µg (26.39%), Vitamin E: 2.36mg (15.71%), Vitamin C: 10.33mg (12.53%), Manganese: 0.24mg (11.79%), Selenium: 6.68µg (9.54%), Fiber: 2.31g (9.25%), Potassium: 262.22mg (7.49%), Folate: 26.78µg (6.7%), Vitamin B6: 0.13mg (6.69%), Copper: 0.1mg (5.23%), Phosphorus: 51.37mg (5.14%), Magnesium: 19.4mg (4.85%), Vitamin B1: 0.06mg (3.97%), Calcium: 34.86mg (3.49%), Vitamin B3: 0.62mg (3.08%), Iron: 0.55mg (3.05%), Vitamin B2: 0.05mg (2.66%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.21mg (2.06%)