



Whole-grain Pasta Soup with Greens and Parmesan

READY IN



30 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups kale leaves very thinly sliced (stems removed)
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 10.5 cups chicken broth homemade reduced-sodium (or chicken stock)
- ☐ 6 ounces parmigiano-reggiano cheese (see Notes)
- ☐ 8 ounces pasta like spaghetti thin

Equipment

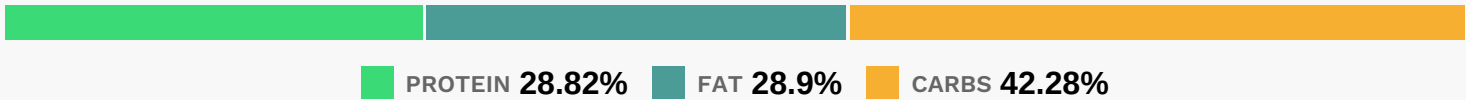
- ☐ bowl

- ☐ pot
- ☐ peeler

Directions

- ☐ In a large pot over high heat, bring chicken broth to a boil.
- ☐ Add kale, reduce heat to medium-high, and cook 2 minutes.
- ☐ Add pasta and cook until tender but not soft, 4 to 7 minutes or according to package instructions. While pasta is cooking, use a vegetable peeler to shave cheese into strips about 3 in. long and 1/2 in. wide (strips do not need to be exact).
- ☐ Just before serving, stir in lemon juice, then divide soup among 6 bowls. Top each bowl with cheese and a sprinkling of chile flakes, if you like.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:8.7, Inflammation Score:-9, Nutrition Score:12.097391296988%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 241.12kcal (12.06%), Fat: 7.9g (12.15%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 24.77g (9.01%), Sugar: 1.42g (1.58%), Cholesterol: 14.46mg (4.82%), Sodium: 439.43mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.45%), Selenium: 22.77µg (32.53%), Phosphorus: 298.5mg (29.85%), Vitamin K: 31.1µg (29.62%), Calcium: 290.16mg (29.02%), Vitamin B3: 4.88mg (24.39%), Vitamin A: 952.84IU (19.06%), Manganese: 0.32mg (15.81%), Copper: 0.25mg (12.55%), Vitamin B2: 0.21mg (12.24%), Potassium: 377.86mg (10.8%), Vitamin C: 7.84mg (9.5%), Vitamin B12: 0.56µg (9.41%), Zinc: 1.33mg (8.84%), Magnesium: 30.15mg (7.54%), Iron: 1.32mg (7.34%), Vitamin B6: 0.1mg (5.14%), Fiber: 1.23g (4.94%), Folate: 11.72µg (2.93%), Vitamin B1: 0.04mg (2.87%), Vitamin B5: 0.23mg (2.27%)