



Winter Minestrone

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons asiago cheese grated
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 cups butternut squash cubed peeled 1 medium
- ☐ 0.5 cup cannellini beans canned rinsed drained
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup fennel bulb diced
- ☐ 2 garlic cloves minced

- ☐ 14 ounce lower-sodium chicken broth fat-free canned
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 2.5 cups swiss chard chopped
- ☐ 5 tablespoons no-salt-added tomato paste
- ☐ 0.3 cup tubetini pasta gluten-free uncooked
- ☐ 1 cup water
- ☐ 0.8 cup zucchini diced

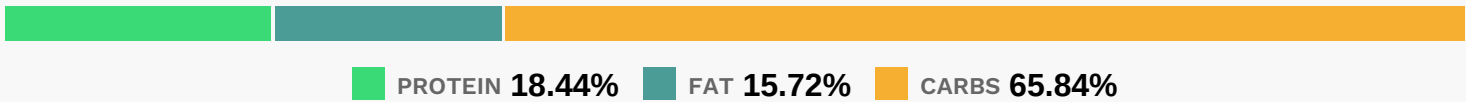
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and next 3 ingredients to pan; saut 5 minutes or until onion is tender.
- ☐ Add squash and next 3 ingredients; saut 5 minutes. Stir in 1 cup water, broth, and tomato paste; bring to a boil. Reduce heat, and simmer 10 minutes or until vegetables are crisp-tender. Stir in pasta; cook 8 minutes, stirring occasionally.
- ☐ Add chard; cook 3 minutes.
- ☐ Add beans; cook 2 minutes or until thoroughly heated. Stir in pepper, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:50.81, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:17.113043490797%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 119.88kcal (5.99%), Fat: 2.22g (3.41%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 17.4g (6.33%), Sugar: 4.47g (4.97%), Cholesterol: 1.13mg (0.38%), Sodium: 302.81mg (13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Vitamin K: 136.62µg (130.11%), Vitamin A: 6061.58IU (121.23%), Vitamin C: 19.31mg (23.41%), Manganese: 0.43mg (21.66%), Potassium: 636.9mg (18.2%), Fiber: 3.48g (13.91%), Magnesium: 49.75mg (12.44%), Selenium: 8.52µg (12.17%), Vitamin E: 1.66mg (11.06%), Vitamin B6: 0.19mg (9.74%), Phosphorus: 97.23mg (9.72%), Copper: 0.19mg (9.32%), Folate: 36.36µg (9.09%), Iron: 1.59mg (8.84%), Calcium: 76.96mg (7.7%), Vitamin B3: 1.32mg (6.59%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.09mg (5.29%), Zinc: 0.6mg (4.02%), Vitamin B5: 0.36mg (3.57%)