

Winter Minestrone

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



283 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 19 ounce cannellini beans rinsed drained canned
- ☐ 28 ounce frangelico whole canned
- ☐ 2 medium carrots chopped
- ☐ 4 rib celery stalks chopped
- ☐ 0.5 pound endive coarsely chopped
- ☐ 6 garlic clove finely chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 pound pancetta sliced chopped

- ☐ 1 piece parmesan (3 by)
- ☐ 3 medium onion red chopped
- ☐ 6 ounces savoy cabbage cored coarsely chopped
- ☐ 1 bunch swiss chard
- ☐ 2 tablespoons tomato paste
- ☐ 3 quart water hot

Equipment

- ☐ pot

Directions

- ☐ Cook pancetta, onions, celery, and carrots in oil in a wide 7-to 9-quart heavy pot over medium heat, stirring occasionally, while preparing chard.
- ☐ Cut out stems from chard and chop stems, reserving leaves. Stir chard stems into pancetta mixture with garlic, 1 teaspoon salt, and 3/4 teaspoon pepper and continue cooking, stirring occasionally, until vegetables are very tender and begin to stick to bottom of pot, about 45 minutes total. (Set aside chard leaves.)
- ☐ Push vegetables to one side of pot.
- ☐ Add tomato paste to cleared area and cook, stirring constantly, until it starts to caramelize, about 2 minutes. Stir paste into vegetables and cook, stirring, 2 minutes. (Paste may stick to pot, but don't let it burn.)
- ☐ Stir in tomatoes with their juice, breaking them up with a spoon, then add hot water (3 quarts), scraping up any brown bits from bottom of pot.
- ☐ Bring to a simmer. Stir in cabbage, escarole, and parmesan rind. Simmer, covered, until greens are tender, about 40 minutes.
- ☐ Coarsely chop chard leaves and stir into soup along with beans. Simmer, partially covered, 10 minutes. Discard rind. Season soup with salt and pepper. If using ditalini, stir in just before serving.
- ☐ Soup, without pasta, can be made 2 days ahead and chilled.

Nutrition Facts



 **PROTEIN 13.29%**  **FAT 52.43%**  **CARBS 34.28%**

Properties

Glycemic Index:43.48, Glycemic Load:5.73, Inflammation Score:-10, Nutrition Score:22.931739179984%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 282.76kcal (14.14%), Fat: 16.99g (26.14%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 18.28g (6.65%), Sugar: 4.15g (4.61%), Cholesterol: 12.56mg (4.19%), Sodium: 285.03mg (12.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Vitamin K: 401.56µg (382.44%), Vitamin A: 5740.36IU (114.81%), Manganese: 0.77mg (38.43%), Vitamin C: 25.23mg (30.58%), Folate: 117.75µg (29.44%), Fiber: 6.72g (26.87%), Potassium: 783.26mg (22.38%), Magnesium: 89.04mg (22.26%), Vitamin E: 3.06mg (20.42%), Iron: 3.43mg (19.05%), Copper: 0.37mg (18.69%), Phosphorus: 147.65mg (14.77%), Vitamin B6: 0.29mg (14.58%), Vitamin B1: 0.21mg (13.7%), Calcium: 123.85mg (12.39%), Zinc: 1.59mg (10.61%), Selenium: 6.24µg (8.92%), Vitamin B2: 0.13mg (7.7%), Vitamin B3: 1.5mg (7.51%), Vitamin B5: 0.7mg (7.02%), Vitamin B12: 0.1µg (1.6%)