



## Zuppa di Pasta e Fagioli Freschi (Pasta and Fresh Bean Soup)

READY IN



45 min.

SERVINGS



5

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup carrots chopped
- 0.5 cup celery chopped
- 2 teaspoons basil leaves or dried fresh chopped
- 1 clove garlic minced peeled
- 1 pound beans fresh
- 1 tablespoon olive oil
- 6 oz onion peeled chopped
- 5 servings parmesan cheese grated

- 6 oz penne pasta dried
- 1 ounce thin- prosciutto cut into thin strips
- 5 servings salt and pepper
- 8 cups vegetable broth

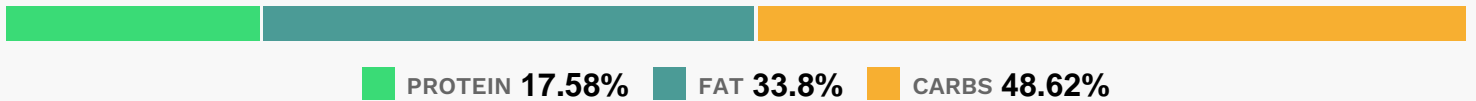
## Equipment

- bowl
- frying pan
- ladle

## Directions

- In a 4- to 5-quart pan over medium-high heat, combine oil, onion, carrot, celery, and garlic; stir often until onion is limp, about 5 minutes.
- Add broth, cover, and bring to a boil over high heat.
- Stir penne pasta into broth and cook 7 minutes.
- Meanwhile, trim stem ends and pull any strings from beans. Rinse beans and cut into 2-inch lengths.
- Add beans to pasta; cook until both are tender to bite, 5 to 6 minutes longer.
- Add basil and mix.
- Ladle into bowls and scatter prosciutto evenly over portions.
- Add parmesan cheese and salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:49.37, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:18.479565096938%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin:

1.7mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

## Nutrients (% of daily need)

Calories: 377.09kcal (18.85%), Fat: 14.26g (21.94%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 46.15g (15.39%), Net Carbohydrates: 42.26g (15.37%), Sugar: 6.63g (7.36%), Cholesterol: 29.84mg (9.95%), Sodium: 2290.96mg (99.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.69g (33.38%), Vitamin A: 4319.09IU (86.38%), Selenium: 33.47µg (47.81%), Calcium: 341.85mg (34.18%), Phosphorus: 318.16mg (31.82%), Folate: 113.65µg (28.41%), Vitamin C: 23.2mg (28.13%), Manganese: 0.47mg (23.48%), Magnesium: 63.52mg (15.88%), Zinc: 2.36mg (15.74%), Fiber: 3.89g (15.56%), Vitamin K: 14.73µg (14.03%), Potassium: 482.25mg (13.78%), Iron: 2.13mg (11.86%), Copper: 0.21mg (10.6%), Vitamin B2: 0.16mg (9.41%), Vitamin B6: 0.18mg (8.76%), Vitamin B12: 0.43µg (7.22%), Vitamin B1: 0.09mg (5.76%), Vitamin B3: 1.11mg (5.57%), Vitamin E: 0.82mg (5.48%), Vitamin B5: 0.4mg (4.02%), Vitamin D: 0.17µg (1.15%)