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Pasta Fagioli Soup Cup ♦

Pasta Fagioli Soup Cup is a delicious and hearty Italian soup made with pasta, beans, and vegetables. It is a popular dish that is often enjoyed during the colder months. The soup is typically served as a main course and can be enjoyed on its own or with a side of crusty bread.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

2 tbsp	olive oil
1 medium	onion
3 cloves	garlic

2 medium	carrot
2 stalks	celery
4 c	vegetable broth
2 c	diced tomatoes
1 c	kidney beans
1 c	cannellini beans
1 c	ditalini pasta
1 tsp	Dried Oregano
1 tsp	Dried Basil
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add onion, garlic, carrot, and celery to the pot. Cook until vegetables are tender, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add vegetable broth, diced tomatoes, kidney beans, cannellini beans, dried oregano, dried basil, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Stove

Add ditalini pasta to the pot. Cook until pasta is tender, about 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serve the Pasta Fagioli Soup Cup hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	10 g	26.32%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian German

Kitchen Tools

Slow Cooker

Course

Main Dishes Salads Soups Snacks Sauces & Dressings

Demographics

Pregnancy Safe Lactation Friendly Diabetic Friendly

Diet

Mediterranean Diet Nordic Diet Vegan Diet Pescatarian Diet
 Lacto-Ovo Vegetarian Diet The Air Diet The Breatharian Diet
 The Master Cleanse Diet The 3-Day Diet

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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