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Spicy 4-Bean Minestrone ♦

A low-fat vegetarian minestrone soup made with four different types of beans and a spicy twist.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

| | |
|-------|------------------|
| 250 g | Kidney Beans |
| 250 g | Black Beans |
| 250 g | Cannellini Beans |
| 250 g | Garbanzo Beans |
| 100 g | onion |
| 10 g | garlic |

| | |
|----------------|---------------------------|
| 50 g | tomato paste |
| 1000 ml | vegetable broth |
| 150 g | Carrots |
| 150 g | celery |
| 100 g | Red Bell Pepper |
| 100 g | zucchini |
| 2 tsp | Dried Oregano |
| 1 tsp | Dried Basil |
| 1 tsp | crushed red pepper flakes |
| 1 tsp | Salt |
| 0.5 tsp | Black pepper |
| 20 g | fresh parsley |

Directions

Step 1

Stove

In a large pot, heat olive oil over medium heat. Add onions and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add tomato paste and cook for 1 minute, stirring constantly.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Stove

Add vegetable broth, kidney beans, black beans, cannellini beans, garbanzo beans, carrots, celery, red bell pepper, zucchini, dried oregano, dried basil, crushed red pepper flakes, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 20 minutes.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Serve hot, garnished with fresh parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 1 g

Protein: 10 g

Carbohydrates: 34 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 | 34 g | 61.82% | 68% |
| Fibers | 9 g | 23.68% | 36% |
| Sugars | 6 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|---------------------|------|-------|-----|
| Monounsaturated Fat | 0 g | N/A | N/A |
| Saturated Fat | 0 g | 0% | 0% |
| Fat | 1 g | 3.57% | 4% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 20 iu | 2.22% | 2.86% |
| Vitamin C | 40 mg | 44.44% | 53.33% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 0 mg | 0% | 0% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 600 mg | 26.09% | 26.09% |
| Calcium | 8 mg | 0.8% | 0.8% |
| Iron | 20 mg | 250% | 111.11% |
| Potassium | 15 mg | 0.44% | 0.58% |
| Zinc | 8 mg | 72.73% | 100% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Selenium | 4 mcg | 7.27% | 7.27% |

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Valentine's Day

Cuisines

Italian Chinese French Thai Mediterranean Spanish Middle Eastern

Nutritional Content

Low Fat Low Carb High Fiber Low Sodium High Vitamin C High Iron
High Calcium

Kitchen Tools

Blender

Course

Sauces & Dressings

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

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