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Garden Veg Rotini Soup ♦♦

Garden Veg Rotini Soup is a delicious vegetarian soup made with fresh garden vegetables and rotini pasta. It's a hearty and nutritious dish that can be enjoyed as a main course or as a side dish. The soup is packed with flavor and is perfect for a cozy dinner or lunch.

Recipe Type: Vegetarian

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

200 g	Rotini Pasta
1000 ml	vegetable broth
150 g	Carrots
100 g	celery
100 g	onion

200 g	Tomatoes
150 g	zucchini
150 g	Yellow Squash
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper
1 tsp	dried basil
1 tsp	dried oregano
1 piece	bay leaf

Directions

Step 1

Boiling

Cook the rotini pasta according to the package instructions. Drain and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large pot, heat the olive oil over medium heat. Add the garlic, onion, carrots, celery, zucchini, and yellow squash. Cook for 5 minutes, until the vegetables are slightly softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add the tomatoes, vegetable broth, bay leaf, dried basil, dried oregano, 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

Cooking

Remove the bay leaf from the pot. Stir in the cooked rotini pasta. Cook for an additional 5 minutes to heat through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve the Garden Veg Rotini Soup hot. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 6 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	3000 iu	333.33%	428.57%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Chinese Greek

Meal Type

Breakfast Brunch Lunch Dinner Snack

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron

Difficulty Level

Medium

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