

Minestrone Soup

"Fruits of the Spirit" (2001) - Lori Wood
Grapevine United Methodist Church - Port St. Lucie, FL

1 onion, diced
1 1/2 cups carrots, diced
1 1/2 cups celery, diced
2 tablespoons garlic, chopped
1 can Italian stewed tomatoes
2 cans cannellini beans, drained and rinsed
6 cups chicken broth
1/2 pound ditalini

Cook Time: 30 minutes

Cover the bottom of a large soup pot with oil.
Add the onions, carrots, celery and garlic.
Saute' for 10 minutes.

Add the tomatoes, beans and broth. Bring to a boil. Reduce heat.

Add the ditalini. Let simmer for about 20 minutes.

Per Serving (excluding unknown items): 2606 Calories; 16g Fat (5.6% calories from fat); 157g Protein; 460g Carbohydrate; 81g Dietary Fiber; 0mg Cholesterol; 4874mg Sodium. Exchanges: 27 1/2 Grain(Starch); 9 Lean Meat; 7 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	2606
% Calories from Fat:	5.6%
% Calories from Carbohydrates:	70.3%
% Calories from Protein:	24.0%
Total Fat (g):	16g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	0mg
Carbohydrate (g):	460g
Dietary Fiber (g):	81g
Protein (g):	157g
Sodium (mg):	4874mg

Vitamin B6 (mg):	2.1mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	2.0mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	1694mcg
Niacin (mg):	24mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	27 1/2
Lean Meat:	9
Vegetable:	7 1/2

Potassium (mg): 9870mg
Calcium (mg): 1204mg
Iron (mg): 47mg
Zinc (mg): 17mg
Vitamin C (mg): 43mg
Vitamin A (i.u.): 54490IU
Vitamin A (r.e.): 5446 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2606 **Calories from Fat:** 147

% Daily Values*

Total Fat	16g	25%
Saturated Fat	3g	16%
Cholesterol	0mg	0%
Sodium	4874mg	203%
Total Carbohydrates	460g	153%
Dietary Fiber	81g	323%
Protein	157g	
Vitamin A		1090%
Vitamin C		71%
Calcium		120%
Iron		263%

* Percent Daily Values are based on a 2000 calorie diet.