



After the Holidays Ham Bone Soup

 Dairy Free

READY IN



140 min.

SERVINGS



12

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce tomato sauce canned
- 15 ounce canned tomatoes whole with juice peeled canned
- 1 cup ham leftover cooked chopped
- 1.5 cups elbow macaroni uncooked
- 14 ounce vegetables mixed frozen thawed
- 1 ham bone with some meat
- 0.8 cup rice long grain uncooked
- 1 small onion finely chopped

3 potatoes diced peeled

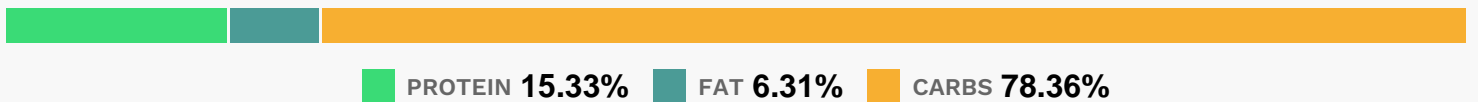
Equipment

pot

Directions

- Place the ham bone into a large pot and fill with enough water to cover. Bring to a boil and cook for 15 minutes.
- Add the onion and tomatoes, then stir in the frozen mixed vegetables and potatoes. Simmer for about 20 minutes, then add the macaroni, rice, and chopped ham. Cover and simmer over medium-low heat for 1 1/2 hours. Any ham on the bone should come off easily. Stir in the tomato sauce and let cool for about 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:14.31, Inflammation Score:-8, Nutrition Score:10.464782688929%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 191.33kcal (9.57%), Fat: 1.35g (2.08%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 34.21g (12.44%), Sugar: 1.98g (2.21%), Cholesterol: 6.87mg (2.29%), Sodium: 241.34mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Vitamin A: 1783IU (35.66%), Manganese: 0.49mg (24.28%), Vitamin C: 18.21mg (22.07%), Selenium: 15.13µg (21.62%), Fiber: 3.66g (14.63%), Vitamin B6: 0.29mg (14.35%), Phosphorus: 131.81mg (13.18%), Potassium: 451.76mg (12.91%), Vitamin B1: 0.17mg (11%), Copper: 0.2mg (10.22%), Vitamin B3: 2.03mg (10.17%), Magnesium: 38.46mg (9.61%), Iron: 1.37mg (7.6%), Folate: 25.7µg (6.43%), Zinc: 0.95mg (6.32%), Vitamin B2: 0.1mg (5.92%), Vitamin B5: 0.57mg (5.67%), Calcium: 26.79mg (2.68%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.13µg (2.21%), Vitamin K: 1.73µg (1.64%)