



Beef and Veggie Soup with Mozzarella

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup onion chopped
- ☐ 2 cups savory vegetable mixed frozen
- ☐ 14.5 oz tomatoes diced with green pepper, celery and onions (or other variety), undrained canned
- ☐ 4 cups water
- ☐ 5 teaspoons beef bouillon granules
- ☐ 1.5 teaspoons seasoning italian
- ☐ 0.3 teaspoon pepper

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4 oz mozzarella cheese shredded

Equipment

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bowl

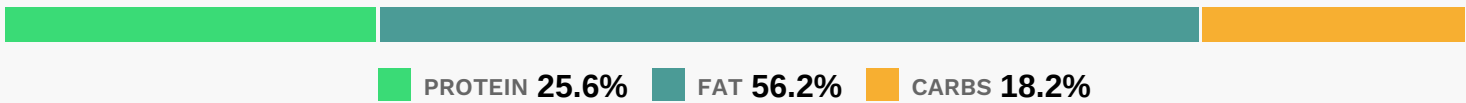
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dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Stir in remaining ingredients except cheese.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 6 to 8 minutes, stirring occasionally, until vegetables are tender.
- ☐ Sprinkle 2 tablespoons cheese in each of 8 soup bowls; fill bowls with soup.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:12.784782565158%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 235.67kcal (11.78%), Fat: 14.9g (22.92%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 8.01g (2.91%), Sugar: 2.41g (2.68%), Cholesterol: 51.5mg (17.17%), Sodium: 528.55mg (22.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin A: 2473.56IU (49.47%), Vitamin B12: 1.55µg (25.82%), Zinc: 3.12mg (20.8%), Phosphorus: 185.64mg (18.56%), Vitamin B3: 3.43mg (17.15%), Selenium: 11.61µg (16.59%), Vitamin B6: 0.32mg (15.98%), Vitamin C: 11mg (13.33%), Iron: 2.31mg (12.82%), Calcium: 124.26mg (12.43%), Vitamin B2: 0.2mg (11.85%), Fiber: 2.85g (11.4%), Potassium: 396.71mg (11.33%), Manganese: 0.22mg (10.89%), Magnesium: 33.97mg (8.49%), Vitamin B1: 0.12mg (7.98%), Copper: 0.14mg (7.19%), Folate: 27.37µg

(6.84%), Vitamin K: 5.35µg (5.1%), Vitamin B5: 0.47mg (4.72%), Vitamin E: 0.68mg (4.55%)