



Beef Minestrone

 Dairy Free

READY IN



77 min.

SERVINGS



10

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced canned
- 2.5 cups carrots sliced (5)
- 1 cup celery chopped
- 4 garlic cloves minced
- 1 pound ground round
- 2.5 cups onion chopped (2 medium)
- 1 teaspoon oregano dried

- 0.8 teaspoon salt
- 0.7 cup shell pasta uncooked
- 1 cup water
- 3 cups zucchini cubed (2 medium)
- 32 ounce carton fat-free

Equipment

- frying pan
- slotted spoon
- dutch oven

Directions

- Heat a large Dutch oven over medium heat.
- Add beef; cook until browned, stirring to crumble.
- Remove beef with a slotted spoon, leaving drippings in pan.
- Cook onion and next 3 ingredients in pan over medium heat 10 minutes; stir frequently.
- Add chicken broth and next 5 ingredients. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- Stir in zucchini and pasta; bring to a simmer over medium heat. Cook, uncovered, 15 to 20 minutes or until pasta is tender. Return beef to pan; cook 5 minutes or until thoroughly heated.

Nutrition Facts



PROTEIN 30.26% **FAT 28.27%** **CARBS 41.47%**

Properties

Glycemic Index:26.78, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:16.180434799713%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 162.46kcal (8.12%), Fat: 5.21g (8.02%), Saturated Fat: 1.95g (12.22%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 13.97g (5.08%), Sugar: 6.68g (7.42%), Cholesterol: 31.3mg (10.43%), Sodium: 631.76mg (27.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.11%), Vitamin A: 5560.45IU (111.21%), Vitamin B6: 0.42mg (20.79%), Manganese: 0.39mg (19.66%), Vitamin C: 15.98mg (19.37%), Vitamin B3: 3.69mg (18.47%), Selenium: 12.88µg (18.4%), Zinc: 2.74mg (18.27%), Vitamin B12: 1.02µg (17.01%), Potassium: 589.43mg (16.84%), Phosphorus: 154.41mg (15.44%), Vitamin B2: 0.22mg (13.07%), Fiber: 3.23g (12.91%), Vitamin K: 12.84µg (12.23%), Iron: 2.14mg (11.88%), Copper: 0.2mg (10.17%), Magnesium: 38.55mg (9.64%), Vitamin B1: 0.14mg (9.07%), Folate: 36.03µg (9.01%), Vitamin E: 1.03mg (6.88%), Vitamin B5: 0.67mg (6.68%), Calcium: 60.61mg (6.06%)