



## Beef Noodle Soup

 Dairy Free  Popular

READY IN



50 min.

SERVINGS



6

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup beef bouillon granules
- 1 pound beef stew meat cubed
- 1 cup carrots chopped
- 1 cup celery chopped
- 0.3 teaspoon parsley dried
- 2.5 cups extra wide egg noodles frozen
- 1 pinch ground pepper black
- 1 cup onion chopped

5.8 cups water

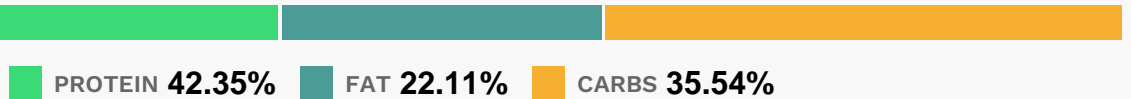
## Equipment

sauce pan

## Directions

- In a large saucepan over medium high heat, saute the stew meat, onion and celery for 5 minutes, or until meat is browned on all sides.
- Stir in the bouillon, parsley, ground black pepper, carrots, water and egg noodles. Bring to a boil, reduce heat to low and simmer for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.31, Glycemic Load:6.04, Inflammation Score:-10, Nutrition Score:16.710869460002%

## Flavonoids

Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

## Nutrients (% of daily need)

Calories: 205.22kcal (10.26%), Fat: 4.95g (7.62%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 16.07g (5.84%), Sugar: 4.1g (4.55%), Cholesterol: 60.57mg (20.19%), Sodium: 2452.15mg (106.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.71%), Vitamin A: 3650.15IU (73%), Selenium: 36.36µg (51.95%), Vitamin B6: 0.62mg (31.08%), Vitamin B3: 6.06mg (30.31%), Vitamin B12: 1.54µg (25.72%), Phosphorus: 242.16mg (24.22%), Zinc: 3.61mg (24.07%), Potassium: 487.45mg (13.93%), Manganese: 0.27mg (13.44%), Iron: 2.23mg (12.41%), Vitamin B2: 0.19mg (11.07%), Magnesium: 41.65mg (10.41%), Vitamin B1: 0.15mg (9.79%), Copper: 0.18mg (9.18%), Vitamin K: 8.93µg (8.5%), Folate: 32.76µg (8.19%), Fiber: 1.85g (7.39%), Vitamin B5: 0.64mg (6.36%), Calcium: 52.65mg (5.27%), Vitamin C: 3.76mg (4.56%), Vitamin E: 0.48mg (3.18%)