



WHATSheATE



Beef Pasta and Mushroom Soup

READY IN



35 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 6 cups water hot
- ☐ 1 box beef pasta skillet meal
- ☐ 0.5 teaspoon basil dried crushed
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 medium cloves garlic finely chopped
- ☐ 4 oz mushroom stems and pieces drained canned

- ☐ 2 tablespoons wine dry red
- ☐ 2 tablespoons parsley fresh chopped

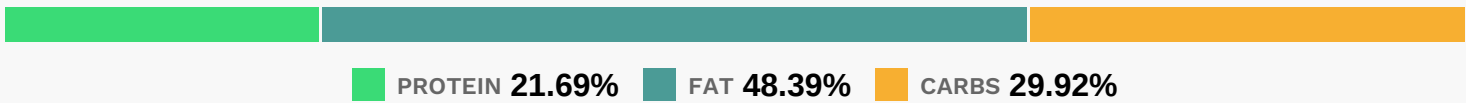
Equipment

- ☐ 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 brown; drain.
- ☐ Stir in hot water, Sauce
- ☐ Mix, basil, salt, pepper and garlic.
- ☐ Heat to boiling, stirring constantly.
- ☐ Reduce heat. Cover; simmer 10 minutes, stirring occasionally. Stir in uncooked Pasta, mushrooms and wine. Cover; cook 10 minutes longer. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:9.8217391967773%

Flavonoids

Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg, Malvidin: 1.31mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 303.73kcal (15.19%), Fat: 15.86g (24.4%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 20.77g (7.55%), Sugar: 2.52g (2.8%), Cholesterol: 54.43mg (18.14%), Sodium: 978.48mg

(42.54%), Alcohol: 0.52g (100%), Alcohol %: 0.18% (100%), Protein: 16g (32%), Vitamin B12: 1.62µg (26.96%), Vitamin K: 24.79µg (23.61%), Vitamin B3: 4.54mg (22.7%), Zinc: 3.24mg (21.59%), Selenium: 11.55µg (16.51%), Vitamin B1: 0.22mg (14.93%), Vitamin B6: 0.28mg (13.75%), Phosphorus: 125.91mg (12.59%), Iron: 2.26mg (12.55%), Vitamin B2: 0.2mg (11.89%), Potassium: 405.39mg (11.58%), Fiber: 1.3g (5.18%), Copper: 0.1mg (4.83%), Magnesium: 18.14mg (4.53%), Calcium: 44.9mg (4.49%), Vitamin B5: 0.41mg (4.08%), Vitamin C: 3.07mg (3.72%), Manganese: 0.06mg (2.88%), Folate: 10.15µg (2.54%), Vitamin A: 113.52IU (2.27%), Vitamin E: 0.33mg (2.22%)