



Beefy Vegetable Soup

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 cups beef broth
- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 1.5 cups carrots diced
- 1 cup celery chopped
- 1 cup corn kernels frozen
- 1 cup green beans fresh chopped
- 0.3 tablespoon ground pepper black
- 0.5 cup onion chopped

- 1.5 cups seashell pasta
- 1.5 cups potatoes diced
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

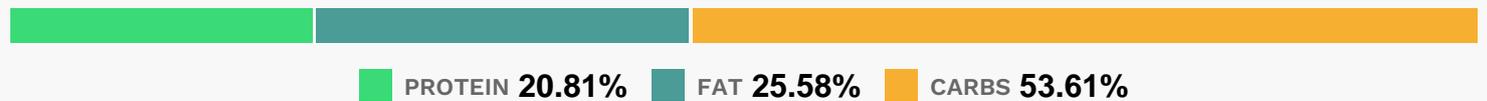
Equipment

- sauce pan

Directions

- In a large saucepan, combine the broth, tomato sauce, chopped tomatoes with juice, carrots, potatoes, celery, onion, corn, green beans, pepper and salt. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 15 minutes.
- Stir in pasta and cook for an additional 15 to 25 minutes or until pasta is tender. Adjust seasoning and serve hot with a sprinkle of Cheddar cheese on top.

Nutrition Facts



Properties

Glycemic Index:52.45, Glycemic Load:11.79, Inflammation Score:-10, Nutrition Score:18.223043340704%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 213.96kcal (10.7%), Fat: 6.35g (9.76%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 25.06g (9.11%), Sugar: 7.9g (8.78%), Cholesterol: 14.13mg (4.71%), Sodium: 1746.49mg (75.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.23%), Vitamin A: 4654.41IU (93.09%), Vitamin C: 20.76mg (25.16%), Potassium: 854.98mg (24.43%), Manganese: 0.48mg (24.17%), Vitamin B3: 4.7mg (23.52%), Phosphorus: 207.47mg (20.75%), Selenium: 14.29µg (20.42%), Fiber: 4.87g (19.49%), Vitamin B6: 0.38mg (19.15%), Vitamin K: 18.44µg (17.56%), Calcium: 171.76mg (17.18%), Vitamin B2: 0.26mg (15.45%), Iron: 2.5mg (13.88%),

Magnesium: 54.78mg (13.69%), Copper: 0.27mg (13.64%), Folate: 51.91µg (12.98%), Vitamin E: 1.8mg (12.01%),
Vitamin B1: 0.15mg (9.68%), Zinc: 1.24mg (8.26%), Vitamin B5: 0.81mg (8.06%), Vitamin B12: 0.36µg (6%)