

Cheesy Corn & Pasta Soup with Ground Beef

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper chopped
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 cup regular corn frozen
- 1 lb ground beef
- 1 cup bite-size pasta uncooked
- 0.7 oz env. seasons dressing mix italian good
- 16 oz taco bellâ® & chunky salsa thick
- 2 cups water

8 oz velveeta cut into 1/2-inch cubes

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Equipment

sauce pan

Directions

Brown meat in large saucepan; drain.

Add corn and peppers; cook 3 to 5 min. or until crisp-tender, stirring occasionally.

Add salsa, broth, water and dressing mix. Bring to a boil.

Add pasta; cover. Simmer 10 to 12 min. or until pasta is tender.

Add VELVEETA; cook until melted, stirring occasionally.

Nutrition Facts



PROTEIN 22.58% **FAT 47.7%** **CARBS 29.72%**

Properties

Glycemic Index:9.25, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:10.954782584439%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 221.24kcal (11.06%), Fat: 11.85g (18.23%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 14.46g (5.26%), Sugar: 3.06g (3.4%), Cholesterol: 40.26mg (13.42%), Sodium: 803.92mg (34.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Vitamin C: 21.6mg (26.18%), Vitamin B12: 1.31µg (21.88%), Selenium: 15.03µg (21.47%), Vitamin B3: 3.93mg (19.64%), Vitamin B6: 0.38mg (19.04%), Zinc: 2.79mg (18.58%), Phosphorus: 149.17mg (14.92%), Vitamin A: 738.72IU (14.77%), Potassium: 423mg (12.09%), Manganese: 0.19mg (9.66%), Iron: 1.71mg (9.5%), Vitamin B2: 0.15mg (8.69%), Fiber: 2.15g (8.6%), Magnesium: 31.59mg (7.9%), Vitamin E: 1.17mg (7.78%), Copper: 0.13mg (6.25%), Vitamin B5: 0.6mg (5.99%), Folate: 23.18µg (5.79%), Vitamin B1: 0.08mg (5.58%), Vitamin K: 4.14µg (3.94%), Calcium: 33.28mg (3.33%)