



Cheesy Lasagna Soup

READY IN



40 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 1.5 cups croutons italian-style
- 2 cloves garlic finely chopped
- 2 large bell pepper green cut into 1-inch pieces
- 1.5 teaspoons seasoning italian crumbled
- 29 oz tomatoes diced italian with herbs, undrained organic muir glen® canned
- 4 oz lasagne pasta sheets mini uncooked (mafalda)
- 1 lb ground beef 80% lean (at least)
- 1 medium onion sliced

- 6 oz part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 6 oz canned tomatoes organic muir glen® canned
- 2 cups water

Equipment

- bowl
- oven
- dutch oven

Directions

- In Dutch oven, cook beef, onion, bell peppers and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown and onion is tender; drain.
- Stir in water, diced tomatoes and tomato paste. Stir in pasta, brown sugar, Italian seasoning and pepper.
- Heat to boiling. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Set oven control to broil.
- Pour hot soup into 6 ovenproof soup bowls or casseroles. Top each with 1/4 cup croutons.
- Sprinkle with cheese. Broil soup with tops 3 to 4 inches from heat 1 to 2 minutes or until cheese is melted.

Nutrition Facts



PROTEIN 23.81% **FAT 43.65%** **CARBS 32.54%**

Properties

Glycemic Index:42.67, Glycemic Load:10.6, Inflammation Score:-7, Nutrition Score:22.74652138482%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 425.93kcal (21.3%), Fat: 20.81g (32.02%), Saturated Fat: 8.92g (55.74%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 30.51g (11.09%), Sugar: 9.39g (10.44%), Cholesterol: 71.82mg (23.94%), Sodium: 520.17mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.08%), Vitamin C: 60.98mg (73.92%), Selenium: 30.77µg (43.96%), Phosphorus: 348.89mg (34.89%), Vitamin B6: 0.65mg (32.53%), Calcium: 320.96mg (32.1%), Zinc: 4.68mg (31.21%), Vitamin B12: 1.85µg (30.84%), Vitamin B3: 5.59mg (27.97%), Manganese: 0.52mg (26.13%), Iron: 4.23mg (23.48%), Potassium: 756.55mg (21.62%), Vitamin B2: 0.34mg (20.22%), Fiber: 4.39g (17.57%), Copper: 0.33mg (16.53%), Magnesium: 62.47mg (15.62%), Vitamin B1: 0.23mg (15.12%), Vitamin K: 14.69µg (13.99%), Vitamin E: 1.96mg (13.04%), Folate: 45.99µg (11.5%), Vitamin A: 569.31IU (11.39%), Vitamin B5: 0.85mg (8.47%), Vitamin D: 0.16µg (1.07%)