



Chunky Italian Soup

READY IN



45 min.

SERVINGS



10

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef tips lean
- 16 ounce kidney beans drained canned
- 1 carrots chopped
- 2 teaspoons basil dried
- 2 garlic cloves minced
- 16 ounce green beans italian drained canned
- 29 ounce tomatoes italian canned
- 1 medium onion chopped
- 2 teaspoons oregano dried

- 10 servings parmesan cheese grated
- 0.5 teaspoon pepper
- 8 ounces rotini noodles cooked
- 1 teaspoon salt
- 10.8 ounce all natural tomato soup with basil, undiluted canned
- 4 cups water
- 1 zucchini chopped

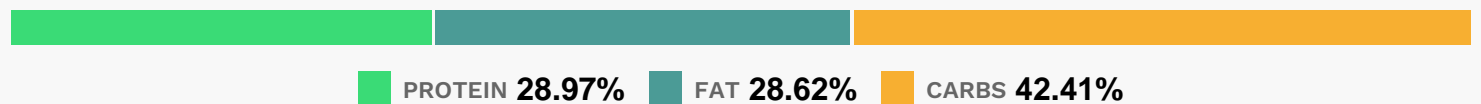
Equipment

- frying pan
- dutch oven

Directions

- Cook beef and onion in a Dutch oven over medium heat, stirring until beef crumbles and is no longer pink; drain. Return mixture to pan. Stir in tomatoes, next 7 ingredients, and, if desired, chili powder; bring to a boil. Reduce heat; simmer, stirring occasionally, 30 minutes. Stir in kidney beans and next 3 ingredients; simmer, stirring occasionally, 15 minutes. Stir in pasta.
- Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:37.18, Glycemic Load:11.97, Inflammation Score:-9, Nutrition Score:24.294347835624%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 360.84kcal (18.04%), Fat: 11.64g (17.91%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 38.82g (12.94%), Net Carbohydrates: 32.06g (11.66%), Sugar: 7.72g (8.58%), Cholesterol: 54.22mg (18.07%), Sodium: 963.35mg (41.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.03%), Selenium: 33.9µg (48.42%), Vitamin A: 2390.22IU (47.8%), Phosphorus: 432.67mg (43.27%), Manganese: 0.74mg (36.9%), Vitamin K: 37.92µg (36.12%), Calcium: 345.62mg (34.56%), Zinc: 4.68mg (31.19%), Vitamin C: 24.84mg (30.11%), Fiber: 6.76g (27.03%), Vitamin B6: 0.51mg (25.71%), Potassium: 861.32mg (24.61%), Vitamin B12: 1.42µg (23.68%), Vitamin B3: 4.51mg (22.57%), Magnesium: 81.72mg (20.43%), Iron: 3.62mg (20.14%), Vitamin B2: 0.33mg (19.38%), Copper: 0.36mg (17.87%), Folate: 60.76µg (15.19%), Vitamin B1: 0.21mg (13.72%), Vitamin E: 1.49mg (9.91%), Vitamin B5: 0.89mg (8.86%), Vitamin D: 0.2µg (1.3%)