



Confetti Pepperoni Soup

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



357 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups beef broth
- ☐ 1 beets peeled thinly sliced quartered
- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups canned tomatoes fresh pureed canned crushed
- ☐ 2 carrots thinly sliced
- ☐ 1 teaspoon thyme dried
- ☐ 1 cup elbow macaroni uncooked
- ☐ 1 tablespoon parsley dried fresh chopped

- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion minced
- ☐ 0.5 cup pepperoni chopped
- ☐ 6 servings salt to taste
- ☐ 1 cup rice long-grain white uncooked

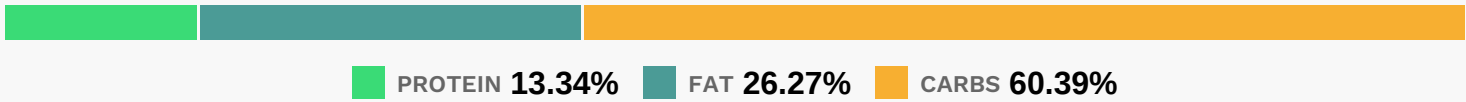
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine rice, broth, and tomatoes in a soup pot and bring to a boil.
- ☐ While broth comes to a boil, heat oil in a small skillet over medium-high heat until hot.
- ☐ Add onion and cook, stirring, until softened.
- ☐ Add garlic and cook, stirring, for another minute or two.
- ☐ Add sauted onion and garlic, carrots, beet, pepperoni, pasta, parsley, thyme, and pepper to soup. Cook until vegetables are tender and pasta is cooked al dente, 10 to 15 minutes. Season with salt.
- ☐ Serve with rolls or bread and butter.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:18.34, Inflammation Score:-10, Nutrition Score:17.521739060464%

Flavonoids

Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 356.81kcal (17.84%), Fat: 10.47g (16.11%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 54.17g (18.06%), Net Carbohydrates: 49.99g (18.18%), Sugar: 6.92g (7.69%), Cholesterol: 9.13mg (3.04%), Sodium: 1372.28mg (59.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.93%), Vitamin A: 3589.08IU (71.78%), Manganese: 0.98mg (48.79%), Selenium: 24.85µg (35.5%), Vitamin B3: 4.54mg (22.71%), Potassium: 636.12mg (18.17%), Vitamin B6: 0.35mg (17.56%), Phosphorus: 174.46mg (17.45%), Vitamin K: 18.17µg (17.3%), Fiber: 4.18g (16.71%), Copper: 0.33mg (16.52%), Iron: 2.7mg (14.99%), Vitamin C: 11.77mg (14.27%), Vitamin E: 2.03mg (13.51%), Magnesium: 52.61mg (13.15%), Folate: 45.81µg (11.45%), Vitamin B1: 0.17mg (11.01%), Vitamin B2: 0.18mg (10.53%), Vitamin B5: 0.91mg (9.14%), Zinc: 1.29mg (8.63%), Calcium: 81.74mg (8.17%), Vitamin B12: 0.29µg (4.84%)