



Easy Beef and Pasta Soup

READY IN



35 min.

SERVINGS



8

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef
- ☐ 0.5 cup onion chopped
- ☐ 1 package hawaiian rolls for beef pasta
- ☐ 6 cups water
- ☐ 1.5 teaspoons basil dried fresh chopped
- ☐ 0.1 teaspoon pepper
- ☐ 2 cloves garlic crushed
- ☐ 4 ounces mushroom stems and pieces drained canned
- ☐ 2 tablespoons parsley fresh chopped

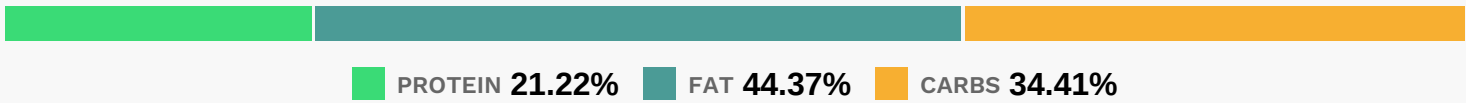
Equipment

☐ dutch oven

Directions

- ☐ Cook beef and onion in 4-quart Dutch oven over medium heat, stirring occasionally, until beef is brown; drain.
- ☐ Stir in Sauce
- ☐ Mix, water, basil, pepper and garlic.
- ☐ Heat to boiling, stirring frequently; reduce heat. Cover and simmer 10 minutes, stirring occasionally.
- ☐ Stir in Pasta and mushrooms.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 minutes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:12.57, Inflammation Score:-3, Nutrition Score:10.990434745084%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 272.34kcal (13.62%), Fat: 13.2g (20.31%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 21.89g (7.96%), Sugar: 3.66g (4.06%), Cholesterol: 40.82mg (13.61%), Sodium: 297.56mg (12.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.41%), Selenium: 19.82µg (28.32%), Vitamin K: 22.71µg (21.63%), Vitamin B12: 1.3µg (21.59%), Vitamin B3: 4.15mg (20.75%), Zinc: 2.74mg (18.25%), Vitamin B1: 0.25mg (16.94%), Iron: 2.77mg (15.41%), Manganese: 0.28mg (14.09%), Phosphorus: 136.19mg (13.62%), Vitamin B2:

0.21mg (12.5%), Vitamin B6: 0.23mg (11.69%), Folate: 46.54µg (11.63%), Calcium: 95.43mg (9.54%), Potassium: 320.76mg (9.16%), Copper: 0.12mg (5.98%), Magnesium: 23.92mg (5.98%), Fiber: 1.15g (4.59%), Vitamin C: 2.84mg (3.44%), Vitamin B5: 0.31mg (3.07%), Vitamin E: 0.37mg (2.49%), Vitamin A: 86.48IU (1.73%)