



WHATSheATE



Easy Beef and Pasta Soup



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



8

CALORIES



153 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 1 pound ground beef
- ☐ 4 ounces mushrooms drained canned
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 6 cups water
- ☐ 1 package frangelico for beef pasta

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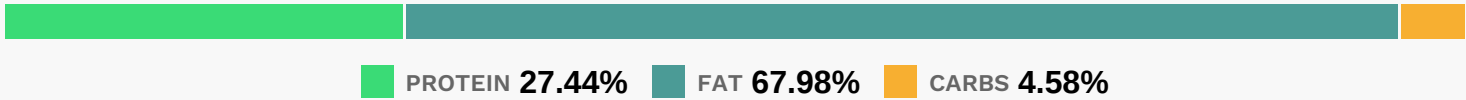
Equipment

☐ 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:19.13, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:6.910000000311%

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: 152.69kcal (7.63%), Fat: 11.41g (17.55%), Saturated Fat: 4.36g (27.28%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.72g (0.8%), Cholesterol: 40.26mg (13.42%), Sodium: 48.66mg (2.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.73%), Vitamin B12: 1.22µg (20.32%), Vitamin K: 17.52µg (16.69%), Zinc: 2.5mg (16.65%), Vitamin B3: 2.94mg (14.69%), Selenium: 9.98µg (14.26%), Vitamin B6:

0.22mg (11.01%), Phosphorus: 106.45mg (10.65%), Vitamin B2: 0.15mg (8.56%), Iron: 1.27mg (7.05%), Potassium: 221.73mg (6.34%), Copper: 0.12mg (5.81%), Vitamin B5: 0.52mg (5.18%), Magnesium: 14.43mg (3.61%), Vitamin C: 2.6mg (3.15%), Vitamin B1: 0.04mg (2.86%), Folate: 9.83µg (2.46%), Manganese: 0.04mg (2.17%), Calcium: 21.13mg (2.11%), Vitamin A: 84.68IU (1.69%), Vitamin E: 0.24mg (1.63%), Fiber: 0.37g (1.47%)