

# Easy Lasagna Soup

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon basil
- 14.5 ounce canned tomatoes diced drained canned
- 0.8 cup feta cheese crumbled
- 1.5 cups mushrooms fresh quartered
- 1 clove garlic crushed
- 0.8 cup bell pepper green chopped
- 1 pound ground beef
- 0.5 cup onion diced

8 servings salt and pepper to taste

5 cups water

## Equipment

pot

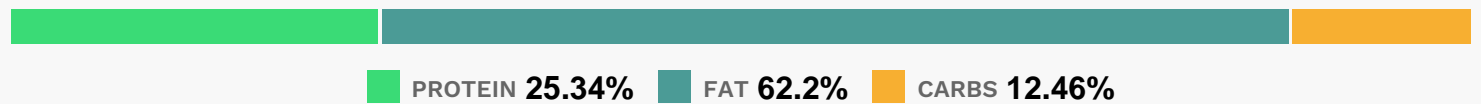
## Directions

In a large pot over medium heat, cook and stir the ground beef until evenly brown; drain.

Mix the water, tomatoes, mushrooms, green bell pepper, onion, and garlic into the pot with the beef. Season with basil, salt, and pepper. Bring to a boil, reduce heat, and simmer 45 minutes.

Mix the feta cheese into the soup, and continue cooking about 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.25, Glycemic Load:1.61, Inflammation Score:-4, Nutrition Score:11.400434711705%

## Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

## Nutrients (% of daily need)

Calories: 209.04kcal (10.45%), Fat: 14.6g (22.47%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3.38g (3.76%), Cholesterol: 52.77mg (17.59%), Sodium: 469.09mg (20.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.77%), Vitamin B12: 1.46µg (24.3%), Vitamin C: 17.2mg (20.84%), Zinc: 3.06mg (20.42%), Vitamin B3: 3.9mg (19.48%), Vitamin B6: 0.39mg (19.33%), Vitamin B2: 0.31mg (18.16%), Selenium: 12.7µg (18.14%), Phosphorus: 175.17mg (17.52%), Potassium: 410.23mg (11.72%), Copper: 0.23mg (11.42%), Iron: 2.03mg (11.26%), Calcium: 106.5mg (10.65%), Vitamin B5: 0.86mg (8.61%), Vitamin B1: 0.11mg (7.5%), Manganese: 0.15mg (7.45%), Magnesium: 28.19mg (7.05%), Vitamin E: 0.96mg (6.37%), Fiber: 1.57g (6.29%), Folate: 21.53µg (5.38%), Vitamin K: 5.13µg (4.88%), Vitamin A: 222.4IU (4.45%)