

Hamburger Soup III

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 42 ounce beef broth canned
- 1 cup elbow macaroni uncooked
- 1 teaspoon garlic salt
- 1 pound ground beef
- 1 teaspoon ground pepper black
- 1 onion chopped
- 16 ounce peas-carrots mix shopping list frozen
- 29 ounce stewed tomatoes canned

Equipment

- sauce pan
- pot

Directions

- In a large stock pot brown ground beef and chopped onion.
- Drain grease from pot.
- Fill a medium sauce pan with water and bring to a boil.
- Add pasta, cook until tender, and drain.
- Add beef broth, tomatoes, frozen peas and carrots, pepper, garlic salt and cooked pasta. Cook over medium heat for 15 minutes or until peas and carrots are cooked. Simmer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:22.667391362398%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 376.34kcal (18.82%), Fat: 16.55g (25.47%), Saturated Fat: 6.2g (38.72%), Carbohydrates: 36.34g (12.11%), Net Carbohydrates: 31.26g (11.37%), Sugar: 6.23g (6.92%), Cholesterol: 53.68mg (17.89%), Sodium: 1541.2mg (67.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.68%), Vitamin A: 7417.48IU (148.35%), Selenium: 29.31µg (41.88%), Vitamin B3: 7.21mg (36.05%), Vitamin B12: 1.76µg (29.28%), Manganese: 0.57mg (28.35%), Zinc: 4.15mg (27.67%), Iron: 4.83mg (26.82%), Phosphorus: 267.95mg (26.8%), Vitamin C: 20.65mg (25.03%), Potassium: 824.89mg (23.57%), Vitamin B6: 0.42mg (20.99%), Fiber: 5.08g (20.33%), Vitamin B1: 0.27mg (18.2%), Copper: 0.35mg (17.31%), Vitamin B2: 0.28mg (16.61%), Magnesium: 61.65mg (15.41%), Folate: 51.07µg (12.77%), Calcium: 103.35mg (10.33%), Vitamin E: 1.48mg (9.87%), Vitamin B5: 0.85mg (8.54%), Vitamin K: 5.29µg (5.04%)