



Hearty Beef, Pasta, and Spinach Minestrone

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 0.5 cup ditalini pasta uncooked (very short tubular macaroni)
- ☐ 0.5 pound ground round
- ☐ 4.4 ounce minestrone soup mix (such as Lipton's Kettle Creations)
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 6 cups water

Equipment

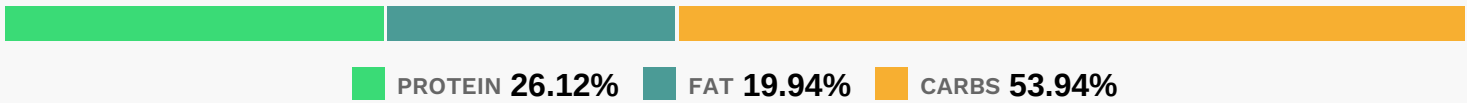
- ☐ frying pan

☐ dutch oven

Directions

- ☐ Cook ground round in a large Dutch oven over medium heat until the meat is browned, stirring to crumble.
- ☐ Drain well, and return meat to pan. Stir in water, stewed tomatoes, and soup mix, and bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally. Stir in ditalini and chopped spinach, and simmer for 7 minutes or until the pasta is tender.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:30.25695659285%

Nutrients (% of daily need)

Calories: 293.29kcal (14.66%), Fat: 6.67g (10.26%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 34.08g (12.39%), Sugar: 6.78g (7.54%), Cholesterol: 36.85mg (12.28%), Sodium: 2748.48mg (119.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Vitamin K: 270µg (257.14%), Vitamin A: 8536.29IU (170.73%), Manganese: 1.02mg (51.02%), Selenium: 24.14µg (34.48%), Vitamin B6: 0.69mg (34.27%), Folate: 121.89µg (30.47%), Magnesium: 114.26mg (28.57%), Potassium: 982.44mg (28.07%), Copper: 0.54mg (26.79%), Zinc: 3.96mg (26.4%), Phosphorus: 262.55mg (26.25%), Fiber: 6.49g (25.94%), Vitamin B3: 5.17mg (25.87%), Iron: 4.51mg (25.03%), Vitamin E: 3.58mg (23.84%), Vitamin B2: 0.39mg (23.17%), Vitamin B12: 1.25µg (20.88%), Calcium: 191.17mg (19.12%), Vitamin B1: 0.27mg (17.76%), Vitamin C: 14.41mg (17.47%), Vitamin B5: 1.01mg (10.13%)