



Hearty Lasagna Soup

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce seasoned beef broth with onion swanson® canned
- 14.5 ounce canned tomatoes diced canned
- 0.3 teaspoon garlic powder
- 1 pound ground beef
- 0.3 teaspoon penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated
- 1.5 cups mafalda corkscrew-shaped uncooked
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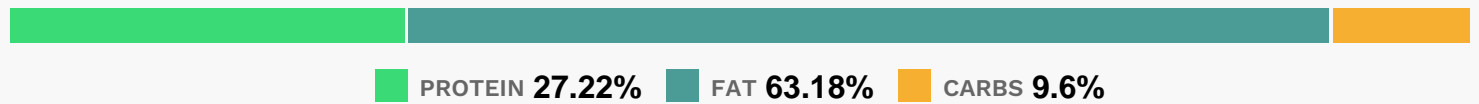
Equipment

frying pan

Directions

- Cook beef with garlic in skillet until browned.
- Pour off fat.
- Add broth, tomatoes and Italian seasoning.
- Heat to a boil.
- Stir in pasta. Cook over medium heat 10 min. or until pasta is done. Stir in cheese.
- Serve with additional cheese if desired.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.11, Inflammation Score:-4, Nutrition Score:16.013478214326%

Nutrients (% of daily need)

Calories: 355.13kcal (17.76%), Fat: 24.94g (38.37%), Saturated Fat: 9.82g (61.39%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 6.51g (2.37%), Sugar: 4.54g (5.04%), Cholesterol: 85.95mg (28.65%), Sodium: 690.26mg (30.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Vitamin B12: 2.58µg (43.01%), Zinc: 5.3mg (35.31%), Vitamin B3: 6.84mg (34.18%), Selenium: 20.56µg (29.37%), Vitamin B6: 0.54mg (26.99%), Phosphorus: 265.54mg (26.55%), Iron: 3.79mg (21.05%), Potassium: 676.17mg (19.32%), Vitamin B2: 0.26mg (15.56%), Copper: 0.26mg (13.08%), Vitamin E: 1.81mg (12.04%), Calcium: 118.7mg (11.87%), Vitamin C: 9.46mg (11.47%), Manganese: 0.22mg (11.14%), Magnesium: 44.48mg (11.12%), Vitamin B5: 0.9mg (8.98%), Vitamin B1: 0.13mg (8.7%), Fiber: 2.02g (8.09%), Vitamin K: 8.37µg (7.97%), Folate: 24.04µg (6.01%), Vitamin A: 277.14IU (5.54%)