



Hearty Meatball Soup II

READY IN

ready

70 min.

SERVINGS

servings

8

CALORIES

calories

663 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes with juice canned
- ☐ 2 cups carrots chopped
- ☐ 43.5 ounce chicken broth canned
- ☐ 1 cup bread crumbs dry
- ☐ 1 ounce onion soup mix dry
- ☐ 1 eggs
- ☐ 16 ounce vegetables mixed frozen
- ☐ 14.5 ounce green beans drained canned
- ☐ 1 pound ground beef

- ☐ 1 pinch ground pepper black
- ☐ 1 cup parmesan cheese grated
- ☐ 1 cup alphabet pasta uncooked
- ☐ 4 cups water

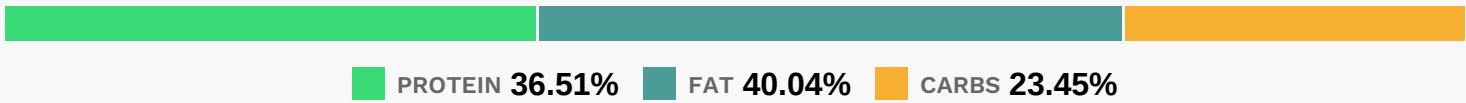
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot over medium high heat, combine the onion soup mix, carrots and water and bring to a boil, cooking until carrots are tender.
- ☐ Add the tomatoes, green beans, chicken broth and mixed vegetables, and simmer for 15 minutes.
- ☐ Meanwhile, in a large bowl, combine the beef, egg, bread crumbs, Parmesan cheese and ground black pepper.
- ☐ Roll into tiny, bite size meatballs and add to the soup.
- ☐ Simmer for another 20 minutes, then add the pasta. Simmer for another 15 minutes, or until meatballs and pasta are fully cooked.

Nutrition Facts



Properties

Glycemic Index:31.23, Glycemic Load:7.74, Inflammation Score:-10, Nutrition Score:32.896521879279%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 663.03kcal (33.15%), Fat: 29.32g (45.11%), Saturated Fat: 10.23g (63.92%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 32.02g (11.64%), Sugar: 6.68g (7.43%), Cholesterol: 148.67mg (49.56%), Sodium: 1516.97mg (65.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.14g (120.29%), Vitamin A: 9101.39IU (182.03%), Selenium: 52.13µg (74.47%), Phosphorus: 540.14mg (54.01%), Zinc: 7.78mg (51.89%), Vitamin B12: 3.02µg (50.33%), Vitamin B3: 9.22mg (46.08%), Vitamin B6: 0.79mg (39.56%), Vitamin K: 34.81µg (33.15%), Iron: 5.88mg (32.69%), Manganese: 0.63mg (31.25%), Vitamin B2: 0.52mg (30.7%), Potassium: 970mg (27.71%), Fiber: 6.61g (26.45%), Magnesium: 97.64mg (24.41%), Calcium: 241.54mg (24.15%), Vitamin B1: 0.35mg (23.21%), Vitamin C: 18.9mg (22.91%), Copper: 0.4mg (20.25%), Folate: 72.34µg (18.09%), Vitamin E: 1.94mg (12.9%), Vitamin B5: 0.99mg (9.85%), Vitamin D: 0.38µg (2.56%)