



Italian-Style Beef-and-Pepperoni Soup



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 10 servings basil fresh shredded sliced
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 pound ground beef
- ☐ 4 cups fat-skimmed beef broth fat-free low-sodium
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2 garlic clove minced
- ☐ 1 bell pepper green seeded chopped

- ☐ 1 bunch spring onion chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 tablespoons tomato paste
- ☐ 3 ounces turkey pepperoni sliced

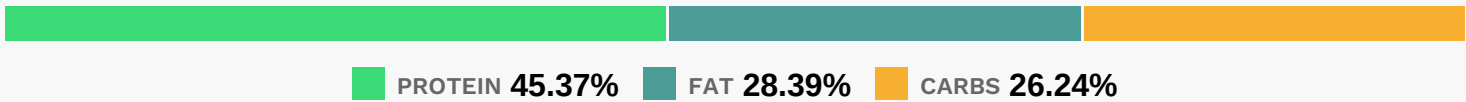
Equipment

- ☐ dutch oven

Directions

- ☐ Cook ground beef and pepperoni in a Dutch oven coated with cooking spray over medium-high heat 8 minutes or until beef crumbles and is no longer pink. Rinse and drain beef mixture.
- ☐ Saut mushrooms and next 3 ingredients in hot oil in Dutch oven 5 minutes. Stir in beef mixture, tomato paste, and next 5 ingredients. Bring to a boil; reduce heat, and simmer 30 minutes. If desired, garnish and serve with Parmesan Toast Points.

Nutrition Facts



Properties

Glycemic Index:36.4, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:12.701304422772%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 126.49kcal (6.32%), Fat: 4.14g (6.37%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.3g (2.29%), Sugar: 4.58g (5.09%), Cholesterol: 38.58mg (12.86%), Sodium: 690.97mg (30.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.79%), Vitamin C: 18.82mg (22.81%), Vitamin B3: 4.53mg (22.66%), Vitamin K: 23.37µg (22.26%), Zinc: 3.04mg (20.28%), Vitamin B12: 1.2µg (20.02%), Vitamin B6: 0.37mg (18.56%), Iron: 2.97mg (16.52%), Selenium: 11.57µg (16.52%), Potassium: 563.23mg (16.09%), Phosphorus:

142.59mg (14.26%), Copper: 0.28mg (14.13%), Manganese: 0.28mg (13.9%), Vitamin B2: 0.19mg (11.03%), Vitamin E: 1.48mg (9.89%), Magnesium: 37.38mg (9.34%), Fiber: 2.31g (9.24%), Vitamin A: 417.29IU (8.35%), Vitamin B5: 0.8mg (7.98%), Vitamin B1: 0.11mg (7.02%), Calcium: 55.13mg (5.51%), Folate: 21.31µg (5.33%)