

## Italian Style Soup

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 29 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes canned drained chopped
- ☐ 2 cloves garlic minced
- ☐ 2 cups green beans italian
- ☐ 1 cup bell pepper green chopped
- ☐ 1 pound ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound sausage meat

- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 1.5 tablespoons penzey's southwest seasoning italian-style
- ☐ 3.5 cups zucchini diced

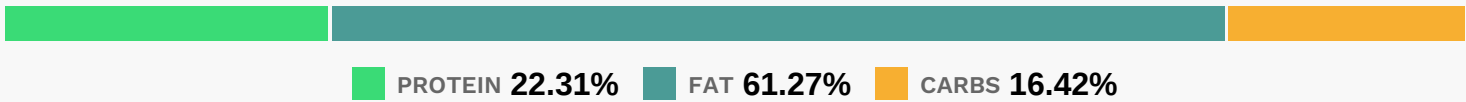
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a heavy skillet, cook ground beef and pork sausage with the onion, garlic and green pepper until the meat is cooked through., about 15 minutes.
- ☐ Drain and transfer the mixture to a stockpot.
- ☐ Add the green beans, zucchini, tomato sauce and canned tomatoes. Season with Italian style seasoning, salt and pepper. Bring to a boil then reduce heat and simmer for 1/2 hour.
- ☐ Serve hot topped with a sprinkle of Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:4.09, Inflammation Score:-8, Nutrition Score:22.258695789005%

## Flavonoids

Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 404.03kcal (20.2%), Fat: 28.04g (43.14%), Saturated Fat: 9.98g (62.38%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 12g (4.36%), Sugar: 9.52g (10.57%), Cholesterol: 83.8mg (27.93%), Sodium: 1306.64mg

(56.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.98g (45.95%), Vitamin C: 42.09mg (51.02%), Vitamin B6: 0.75mg (37.47%), Vitamin B3: 7.32mg (36.61%), Zinc: 4.43mg (29.56%), Potassium: 1033.18mg (29.52%), Vitamin B12: 1.74µg (28.96%), Phosphorus: 273.45mg (27.35%), Vitamin K: 28.56µg (27.2%), Manganese: 0.5mg (24.76%), Iron: 4.36mg (24.22%), Vitamin B1: 0.31mg (20.96%), Vitamin B2: 0.35mg (20.8%), Vitamin A: 1009.27IU (20.19%), Fiber: 4.91g (19.62%), Vitamin E: 2.9mg (19.35%), Copper: 0.36mg (18.17%), Magnesium: 67.8mg (16.95%), Selenium: 11.05µg (15.79%), Vitamin B5: 1.37mg (13.66%), Folate: 50.68µg (12.67%), Calcium: 117.17mg (11.72%), Vitamin D: 0.81µg (5.4%)