



## Lasagna Soup

READY IN



25 min.

SERVINGS



8

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15 oz tomato sauce canned
- 14.5 oz canned tomatoes diced undrained canned
- 28 oz chicken broth fat-free reduced-sodium canned
- 3 Tbsp basil fresh divided chopped
- 4 cloves garlic minced
- 1.3 cups italian\* five cheese shredded with a touch of philadelphia, divided kraft
- 1 Tbsp oil
- 3 Tbsp parmesan cheese divided grated kraft
- 0.8 cup polly-o original ricotta cheese

3 cups wide egg noodles uncooked

## Equipment

sauce pan

## Directions

- Heat oil in large saucepan on medium heat.
- Add garlic; cook and stir 1 min. or until fragrant.
- Add broth, tomato sauce and diced tomatoes; stir. Bring to boil on medium-high heat.
- Add noodles; simmer on medium heat 10 min. or until tender. Stir in 2 Tbsp. basil.
- Mix ricotta, 1/2 cup shredded cheese, 2 Tbsp. Parmesan and remaining basil until blended.
- Combine remaining shredded cheese and Parmesan.
- Top each serving of soup with 2 Tbsp. of the ricotta mixture.
- Sprinkle with shredded cheese mixture.

## Nutrition Facts

  
■ PROTEIN 21.36% ■ FAT 44.15% ■ CARBS 34.49%

## Properties

Glycemic Index:31.75, Glycemic Load:6.57, Inflammation Score:-5, Nutrition Score:10.036086919515%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 210.66kcal (10.53%), Fat: 10.8g (16.61%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 16.66g (6.06%), Sugar: 4.66g (5.17%), Cholesterol: 28.96mg (9.65%), Sodium: 814.54mg (35.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.5%), Selenium: 18.29µg (26.12%), Manganese: 0.34mg (16.94%), Vitamin K: 15.65µg (14.9%), Calcium: 140.47mg (14.05%), Phosphorus: 128.29mg (12.83%), Vitamin E: 1.82mg (12.15%), Vitamin A: 593.91IU (11.88%), Potassium: 413.81mg (11.82%), Copper: 0.24mg (11.78%), Vitamin C: 9.34mg (11.32%), Vitamin B6: 0.21mg (10.38%), Vitamin B3: 2.07mg (10.33%), Iron: 1.79mg (9.92%), Fiber: 2.31g (9.25%), Vitamin B2: 0.15mg (8.83%), Magnesium: 32.61mg (8.15%), Vitamin B5: 0.63mg (6.26%), Zinc: 0.94mg (6.24%), Vitamin B1: 0.09mg (5.99%), Vitamin B12: 0.34µg (5.74%), Folate: 21.14µg (5.29%)