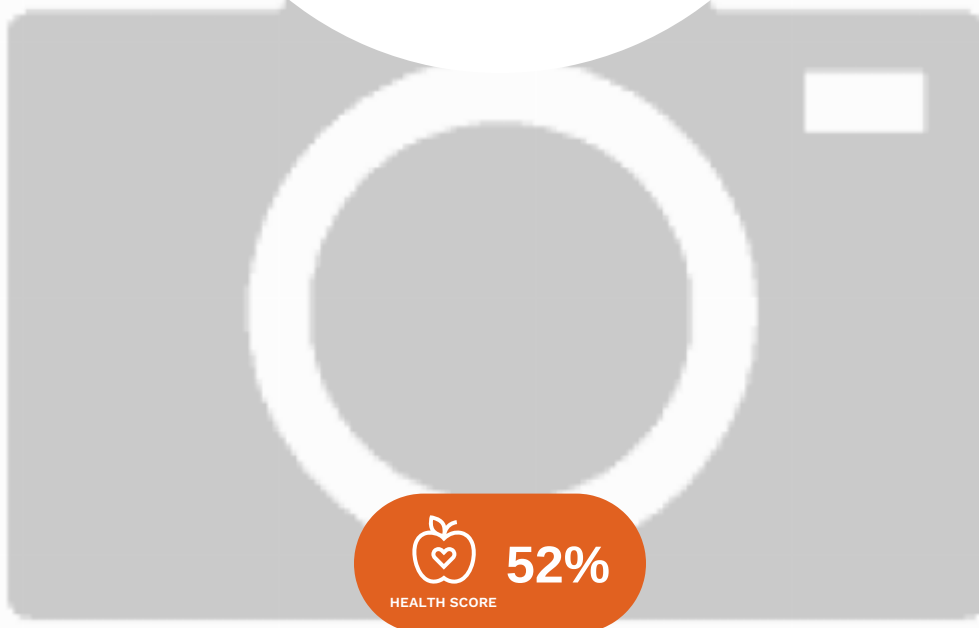




Macaroni Meatball Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 32 ounce tomatoes crushed canned
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green cut into chunks
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 2 cups macaroni uncooked
- ☐ 25 meatballs frozen italian-style thawed cooked

- ☐ 4 servings olive oil
- ☐ 1 onion cut into chunks
- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 5 cups water

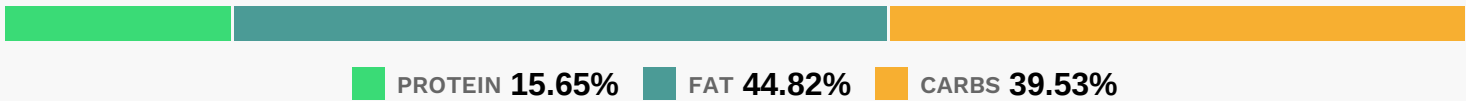
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large pot over medium heat. Cook the bell pepper and onion in the hot oil until the onions are translucent, 5 to 7 minutes.
- ☐ Add the garlic, crushed tomatoes, tomato paste, brown sugar, Italian seasoning, salt, black pepper, meatballs, and water to the pot; bring to a boil. Stir the macaroni into the mixture and cook until the macaroni is cooked through, yet firm to the bite, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:6.36, Inflammation Score:-8, Nutrition Score:33.448260846345%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 672.37kcal (33.62%), Fat: 34.28g (52.75%), Saturated Fat: 9.14g (57.14%), Carbohydrates: 68.03g (22.68%), Net Carbohydrates: 59.13g (21.5%), Sugar: 18.16g (20.18%), Cholesterol: 63mg (21%), Sodium: 1007.83mg (43.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.86%), Selenium: 56.83µg (81.18%), Vitamin C: 51.87mg (62.87%), Vitamin B1: 0.93mg (61.79%), Manganese: 1.22mg (61.2%), Vitamin B6: 0.96mg (47.98%),

Vitamin B3: 8.29mg (41.43%), Vitamin E: 6.01mg (40.1%), Copper: 0.79mg (39.27%), Vitamin K: 40.84µg (38.89%), Potassium: 1292.95mg (36.94%), Phosphorus: 358.77mg (35.88%), Fiber: 8.9g (35.58%), Iron: 6.17mg (34.3%), Magnesium: 114.62mg (28.66%), Vitamin B2: 0.41mg (24%), Zinc: 3.6mg (23.97%), Calcium: 179.2mg (17.92%), Vitamin B5: 1.66mg (16.6%), Folate: 63.06µg (15.76%), Vitamin A: 739.13IU (14.78%), Vitamin B12: 0.61µg (10.21%)