



Meatball Pasta Soup

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion chopped
- 1 small bell pepper green coarsely chopped
- 2 garlic clove minced
- 4 cups water
- 29 oz stewed tomatoes italian-style undrained canned
- 18 oz meatballs frozen italian thawed cooked
- 2 teaspoons paprika

- 1 teaspoon salt
- 1 teaspoon turmeric
- 0.3 teaspoon pepper
- 0.5 cup elbow macaroni (spiral pasta)

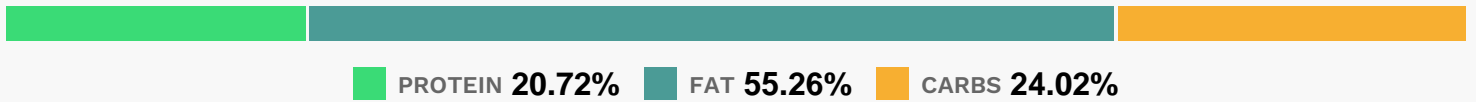
Equipment

- sauce pan

Directions

- Heat oil in large saucepan over medium-high heat until hot.
- Add onion, bell pepper and garlic; cook and stir 2 to 3 minutes or until vegetables are crisp-tender.
- Add all remaining ingredients except macaroni; mix well. Bring to a boil. Reduce heat; cover and simmer 10 minutes.
- Add macaroni; cook, uncovered, 10 to 15 minutes or until macaroni is tender.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:15.939565202464%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 337.18kcal (16.86%), Fat: 20.89g (32.14%), Saturated Fat: 7.15g (44.68%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 17.83g (6.48%), Sugar: 6.3g (7%), Cholesterol: 61.24mg (20.41%), Sodium: 748.48mg (32.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.25%), Vitamin B1: 0.72mg (47.76%), Selenium: 29.41µg (42.02%), Vitamin C: 23.1mg (28%), Vitamin B3: 5.04mg (25.19%), Vitamin B6: 0.45mg (22.41%), Phosphorus: 210.72mg (21.07%), Potassium: 630.91mg (18.03%), Iron: 3.11mg (17.28%), Vitamin B2: 0.27mg (16.09%), Zinc: 2.39mg

(15.92%), Manganese: 0.3mg (15%), Copper: 0.28mg (13.86%), Vitamin A: 616.54IU (12.33%), Magnesium: 45.66mg (11.42%), Vitamin E: 1.59mg (10.61%), Fiber: 2.61g (10.44%), Vitamin B12: 0.6µg (9.92%), Vitamin K: 9.19µg (8.75%), Vitamin B5: 0.83mg (8.33%), Calcium: 75.68mg (7.57%), Folate: 18.42µg (4.61%)