

Mindless Meatball Minestrone

READY IN



30 min.

SERVINGS



6

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce beef broth canned
- 14.5 ounce canned tomatoes canned
- 29 ounce chicken broth canned
- 0.5 cup elbow macaroni
- 16 ounce vegetables mixed frozen
- 1.5 teaspoons penzey's southwest seasoning italian
- 18 ounce meatballs frozen
- 6 tablespoons parmesan cheese grated
- 15 ounce kidney beans light red drained and rinsed canned

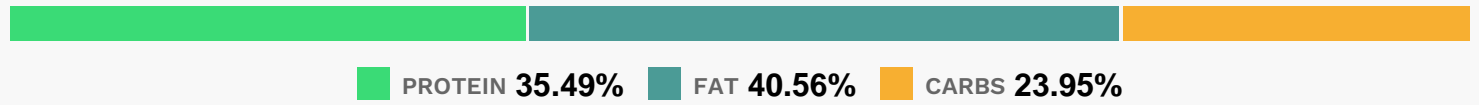
Equipment

- bowl
- ladle
- dutch oven

Directions

- Heat chicken broth and beef broth in a large Dutch oven or stock pot; add meatballs, vegetables, tomatoes, and macaroni. Cover Dutch oven and bring to a boil, about 10 minutes.
- Remove cover and stir.
- Stir kidney beans and Italian seasoning into soup; reduce heat to medium. Simmer, stirring frequently, until macaroni is tender, 6 to 7 minutes. Ladle soup into 6 bowls; garnish each with 1 tablespoon Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:8.04, Inflammation Score:-10, Nutrition Score:34.899565494579%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 707.94kcal (35.4%), Fat: 31.81g (48.94%), Saturated Fat: 10.82g (67.62%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 32.11g (11.68%), Sugar: 3.58g (3.97%), Cholesterol: 134.1mg (44.7%), Sodium: 1178.65mg (51.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.64g (125.27%), Vitamin A: 4286.44IU (85.73%), Selenium: 57.32µg (81.89%), Vitamin B1: 0.89mg (59.58%), Phosphorus: 589.04mg (58.9%), Vitamin B3: 9.93mg (49.66%), Zinc: 6.97mg (46.5%), Vitamin B6: 0.88mg (43.96%), Fiber: 10.16g (40.62%), Manganese: 0.8mg (39.97%), Iron: 6.7mg (37.2%), Vitamin B12: 2.08µg (34.68%), Folate: 134.91µg (33.73%), Potassium: 1178.88mg (33.68%), Vitamin B2: 0.52mg (30.54%), Magnesium: 116.59mg (29.15%), Copper: 0.51mg (25.64%), Vitamin C: 15.62mg (18.94%), Calcium: 151.87mg (15.19%), Vitamin K: 15.94µg (15.18%), Vitamin B5: 1.12mg (11.23%), Vitamin E: 1.45mg (9.64%), Vitamin D: 0.16µg (1.08%)