



My Mum's Spaghetti Soup

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



314 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounce baked beans heinz® canned (such as)
- 2 bay leaves
- 1 pound beef marrow bone
- 29 ounce tomatoes diced canned
- 1 tablespoon parsley fresh chopped
- 1 teaspoon rosemary fresh chopped
- 3 cloves garlic minced
- 8 servings salt and ground pepper black to taste

- 1 large onion chopped
- 2 teaspoons oregano fresh chopped
- 2 potatoes diced
- 1 cup pasta like spaghetti uncooked
- 1 tablespoon tomato purée
- 2 quarts water
- 1 tablespoon worcestershire sauce

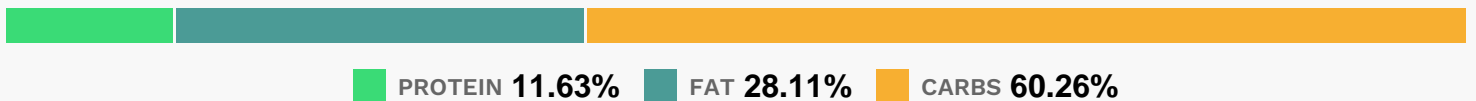
Equipment

- pot

Directions

- Place the marrow bone, tomato puree, onion, garlic, and bay leaves into a large pot.
- Pour in the water, and bring to a boil over high heat. Reduce the heat to medium, and simmer 45 minutes. After 45 minutes, stir in the potatoes, diced tomatoes, parsley, oregano, and rosemary. Cook, stirring occasionally until the potatoes are just tender, 15 to 20 minutes.
- Stir in the Worcestershire sauce, baked beans, and spaghetti. Return to a simmer, and cook until the spaghetti is tender, 15 to 20 minutes. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:36.8, Glycemic Load:19.27, Inflammation Score:-7, Nutrition Score:14.060434880464%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 314.42kcal (15.72%), Fat: 10.07g (15.49%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 42.07g (15.3%), Sugar: 4.79g (5.32%), Cholesterol: 3.47mg (1.16%), Sodium: 398.71mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.75%), Manganese: 0.7mg (34.9%), Selenium: 21.59µg (30.84%), Vitamin C: 23.96mg (29.04%), Fiber: 6.52g (26.07%), Potassium: 704.91mg (20.14%), Iron: 3.54mg (19.68%), Vitamin B6: 0.39mg (19.52%), Copper: 0.38mg (19.22%), Phosphorus: 180.73mg (18.07%), Magnesium: 63.16mg (15.79%), Vitamin K: 15.68µg (14.93%), Folate: 45.93µg (11.48%), Vitamin B3: 2.14mg (10.72%), Vitamin B1: 0.16mg (10.68%), Zinc: 1.54mg (10.27%), Calcium: 96.2mg (9.62%), Vitamin B2: 0.12mg (7.31%), Vitamin E: 0.88mg (5.86%), Vitamin B5: 0.5mg (5.03%), Vitamin A: 211.24IU (4.22%)