



Nonnie's Spaghini Stick-to-Your-Ribs Soup

 Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces angel hairpasta uncooked
- ☐ 28.5 ounce no-salt-added beef broth canned
- ☐ 45 ounce kidney beans drained canned
- ☐ 43.5 ounce tomatoes whole undrained chopped canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 pound cabbage green chopped
- ☐ 1 pound ground round

- ☐ 1 tablespoon oregano dried
- ☐ 1.5 teaspoons pepper
- ☐ 1 teaspoon salt
- ☐ 3.5 cups sacramento tomato juice
- ☐ 5 cups water

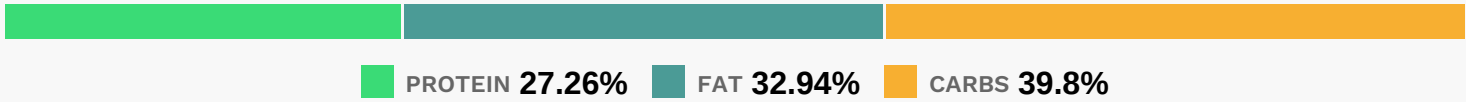
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Cook the ground round in a large Dutch oven over medium heat until browned, stirring to crumble.
- ☐ Drain the meat in a colander, and set meat aside. Wipe the drippings from pan with a paper towel.
- ☐ Return meat to pan.
- ☐ Add water and the next 10 ingredients (water through broth), and bring to a boil. Reduce heat, and simmer, uncovered, 2 hours, stirring occasionally.
- ☐ Break pasta in half; stir into soup, and cook an additional 5 minutes or until the pasta is done.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:11.44, Inflammation Score:-8, Nutrition Score:24.01478249029%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol:

0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 367.45kcal (18.37%), Fat: 13.59g (20.9%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 28.83g (10.49%), Sugar: 8.01g (8.9%), Cholesterol: 56.24mg (18.75%), Sodium: 1363.94mg (59.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.3g (50.6%), Vitamin C: 51.15mg (62%), Selenium: 30.21µg (43.16%), Vitamin K: 38.19µg (36.37%), Manganese: 0.69mg (34.51%), Fiber: 8.1g (32.41%), Vitamin B6: 0.64mg (32.2%), Phosphorus: 315.19mg (31.52%), Vitamin B12: 1.88µg (31.29%), Zinc: 4.63mg (30.83%), Vitamin B3: 6.05mg (30.24%), Potassium: 990.35mg (28.3%), Iron: 4.86mg (27%), Copper: 0.42mg (21.12%), Magnesium: 78.84mg (19.71%), Vitamin B2: 0.32mg (18.69%), Folate: 70.7µg (17.67%), Vitamin B1: 0.26mg (17.22%), Vitamin B5: 1.12mg (11.23%), Calcium: 101.21mg (10.12%), Vitamin A: 448.12IU (8.96%), Vitamin E: 1.13mg (7.56%)