



WHATSheATE



One-Pot Cheesy Lasagna Soup

READY IN



40 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 medium onion sliced
- ☐ 2 large bell pepper green cut into 1-inch pieces
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups water
- ☐ 29 oz tomatoes diced italian with herbs, undrained organic canned
- ☐ 6 oz tomato paste organic canned
- ☐ 4 oz lasagne pasta sheets mini uncooked (mafalda)
- ☐ 1 tablespoon brown sugar packed

- ☐ 1.5 teaspoons seasoning italian crumbled
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups croutons italian-style
- ☐ 6 oz part-skim mozzarella cheese shredded

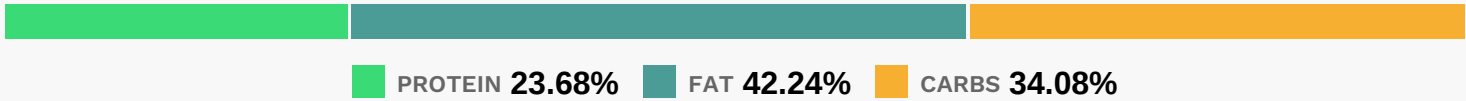
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ In Dutch oven, cook beef, onion, bell peppers and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown and onion is tender; drain.
- ☐ Stir in water, diced tomatoes and tomato paste. Stir in pasta, brown sugar, Italian seasoning and pepper.
- ☐ Heat to boiling. Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Set oven control to broil.
- ☐ Pour hot soup into 6 ovenproof soup bowls or casseroles. Top each with 1/4 cup croutons.
- ☐ Sprinkle with cheese. Broil soup with tops 3 to 4 inches from heat 1 to 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:13.31, Inflammation Score:-9, Nutrition Score:25.773043295612%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg

Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 441.47kcal (22.07%), Fat: 20.96g (32.25%), Saturated Fat: 8.95g (55.93%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 32.75g (11.91%), Sugar: 11.94g (13.27%), Cholesterol: 71.82mg (23.94%), Sodium: 517.62mg (22.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.87%), Vitamin C: 70.61mg (85.59%), Selenium: 31.97µg (45.67%), Vitamin A: 1921.77IU (38.44%), Phosphorus: 370.2mg (37.02%), Zinc: 4.82mg (32.16%), Vitamin B6: 0.63mg (31.34%), Vitamin B12: 1.85µg (30.84%), Manganese: 0.61mg (30.35%), Vitamin B3: 5.96mg (29.79%), Potassium: 1028.1mg (29.37%), Calcium: 292.75mg (29.28%), Vitamin K: 23.27µg (22.16%), Fiber: 5.29g (21.16%), Iron: 3.74mg (20.8%), Vitamin B2: 0.32mg (19%), Copper: 0.37mg (18.42%), Vitamin E: 2.63mg (17.52%), Magnesium: 68.7mg (17.18%), Vitamin B1: 0.21mg (14.11%), Folate: 55.3µg (13.82%), Vitamin B5: 0.77mg (7.69%), Vitamin D: 0.16µg (1.07%)