



HEALTH SCORE

54%

Pasta & meatball soup with cheesy croutons

READY IN



40 min.

SERVINGS



4

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 300 g pack ready-made meatballs mini
- ☐ 800 g tomatoes chopped canned
- ☐ 300 ml milk
- ☐ 1 tbsp oregano dried
- ☐ 200 g pasta shapes
- ☐ 8 slices wholemeal baguette thin
- ☐ 50 g cheddar grated
- ☐ 1 small bunch basil

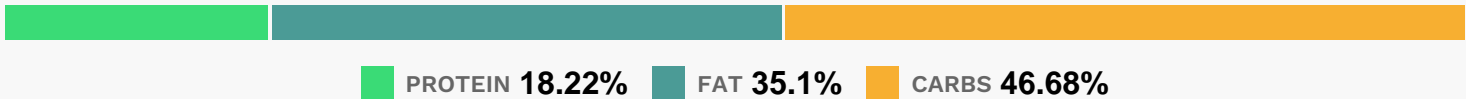
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat the oil in a large, deep frying pan and fry the meatballs for 5–10 mins until browned. Tip in the tomatoes, milk, 200ml water and oregano and simmer for 10–15 mins, until the soup thickens a little.
- ☐ Pour in the pasta shapes and simmer until cooked follow pack timings. Meanwhile, make the cheesy croutons.
- ☐ Heat grill to High, pop the baguette slices on a baking tray and top with the cheese. Grill until melted, keep warm.
- ☐ When the pasta is cooked, remove the soup from the heat and stir in the basil. Divide between bowls and serve with the basil and cheesy croutons on top.

Nutrition Facts



Properties

Glycemic Index:72.94, Glycemic Load:41.71, Inflammation Score:-9, Nutrition Score:34.831739508587%

Nutrients (% of daily need)

Calories: 744.63kcal (37.23%), Fat: 29.25g (44.99%), Saturated Fat: 10.81g (67.57%), Carbohydrates: 87.53g (29.18%), Net Carbohydrates: 80.22g (29.17%), Sugar: 16.96g (18.84%), Cholesterol: 75.78mg (25.26%), Sodium: 816.13mg (35.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.16g (68.32%), Selenium: 67.33µg (96.18%), Vitamin B1: 1.17mg (77.75%), Manganese: 1.22mg (60.93%), Phosphorus: 488.89mg (48.89%), Vitamin B3: 9.62mg (48.08%), Vitamin B2: 0.69mg (40.33%), Vitamin B6: 0.8mg (39.84%), Iron: 6.68mg (37.12%), Calcium: 363.25mg (36.33%), Potassium: 1139.44mg (32.56%), Copper: 0.64mg (32.11%), Vitamin K: 31.28µg (29.79%), Fiber: 7.31g (29.23%), Magnesium: 114.7mg (28.68%), Folate: 114.18µg (28.54%), Zinc: 4.23mg (28.18%), Vitamin E: 3.62mg (24.14%), Vitamin C: 19.31mg (23.41%), Vitamin B5: 1.87mg (18.7%), Vitamin B12: 1.08µg (17.92%), Vitamin A: 812.57IU (16.25%), Vitamin D: 0.93µg (6.17%)