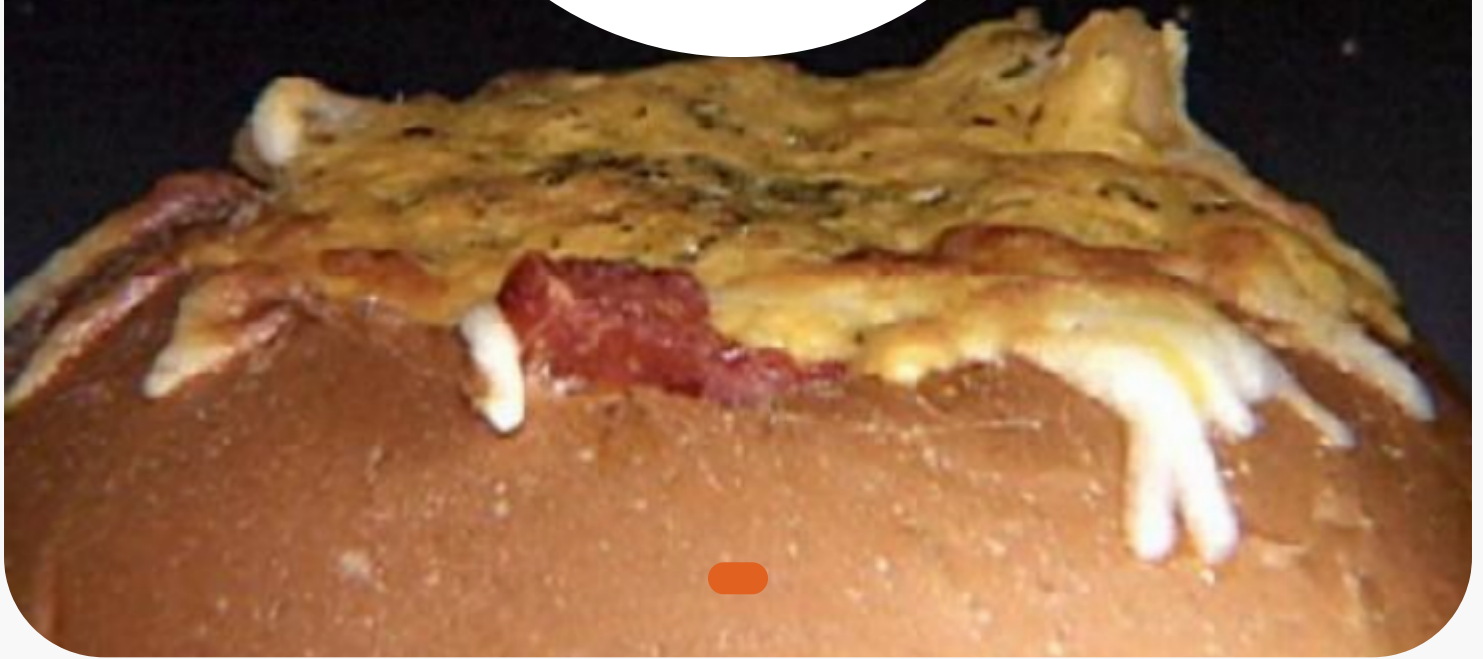




Pepperoni Pizza Soup

READY IN



30 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cheddar grated
- ☐ 1.5 cups elbow macaroni (or other short pasta such as ditalini or alphabets)
- ☐ 2 cloves garlic minced
- ☐ 2 green onions sliced
- ☐ 1 cup mozzarella cheese grated
- ☐ 2 teaspoons oregano dried plus more for broiling
- ☐ 0.3 cup pepperoni diced
- ☐ 2.5 cups tomato-basil-garlic soup prepared
- ☐ 1.5 cups water

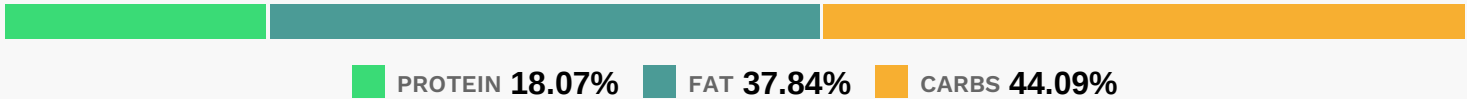
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Put the tomato soup, water, and garlic into a large pot and bring it to a boil over high heat. When it is boiling, add the macaroni, green onions, oregano, and pepperoni and stir well. When the macaroni is cooked, about 6 to 8 minutes, pour the soup into oven safe bowls. Top each with 1/4 cup mozzarella and 1/4 cup Cheddar.
- ☐ Sprinkle on some oregano and put under the broiler until the cheese is bubbling and lightly browned, about 3 to 5 minutes.
- ☐ Alternately, you can serve the soup in a small round, crusty loaf of bread.
- ☐ Cut the top off the bread and scoop out the insides. Fill with soup, top with the cheeses, and broil per the directions above.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:5.39, Inflammation Score:-9, Nutrition Score:18.57869579481%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 509.35kcal (25.47%), Fat: 21.48g (33.05%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 53.01g (19.28%), Sugar: 9.59g (10.66%), Cholesterol: 59.5mg (19.83%), Sodium: 866.87mg (37.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Selenium: 51.73µg

(73.91%), Calcium: 391.63mg (39.16%), Manganese: 0.76mg (38.05%), Phosphorus: 377.28mg (37.73%), Vitamin K: 23.54µg (22.42%), Potassium: 740.93mg (21.17%), Zinc: 3.07mg (20.45%), Vitamin A: 911.91IU (18.24%), Vitamin B12: 1.06µg (17.67%), Vitamin B2: 0.29mg (16.77%), Vitamin C: 13.55mg (16.43%), Magnesium: 60.86mg (15.21%), Fiber: 3.31g (13.24%), Vitamin B6: 0.25mg (12.54%), Copper: 0.25mg (12.45%), Vitamin B3: 2.29mg (11.44%), Iron: 2mg (11.13%), Vitamin B1: 0.14mg (9.09%), Vitamin E: 0.95mg (6.34%), Folate: 24.07µg (6.02%), Vitamin B5: 0.52mg (5.16%), Vitamin D: 0.4µg (2.69%)