



## Quick and Zesty Vegetable Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup extra wide egg noodles
- 2 cups vegetables mixed frozen
- 1 pound ground beef
- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried
- 8 servings salt and pepper to taste
- 29 ounce stewed tomatoes canned

### Equipment

pot

## Directions

- In a large stock pot, brown beef and onion. Cook until onion is tender, and drain any grease. Season to taste with salt and pepper.
- Stir in stewed tomatoes, vegetables, egg noodles and oregano. Bring to a boil; reduce heat, cover and simmer for 15 minutes, or until noodles are tender.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:15.13, Glycemic Load:2.86, Inflammation Score:-9, Nutrition Score:12.584782608177%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 213.31kcal (10.67%), Fat: 11.89g (18.3%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 12.05g (4.38%), Sugar: 4.09g (4.55%), Cholesterol: 42.25mg (14.08%), Sodium: 481.21mg (20.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.29%), Vitamin A: 2491.05IU (49.82%), Vitamin B12: 1.22µg (20.34%), Vitamin B3: 3.77mg (18.84%), Zinc: 2.82mg (18.77%), Iron: 3.01mg (16.74%), Vitamin C: 13.59mg (16.48%), Selenium: 11.23µg (16.04%), Phosphorus: 145.79mg (14.58%), Potassium: 484.29mg (13.84%), Vitamin B6: 0.26mg (13.14%), Fiber: 3.15g (12.6%), Manganese: 0.22mg (10.86%), Copper: 0.2mg (10.19%), Vitamin B2: 0.16mg (9.65%), Vitamin B1: 0.14mg (9.07%), Magnesium: 35.61mg (8.9%), Vitamin E: 1.12mg (7.46%), Folate: 25.19µg (6.3%), Calcium: 61.77mg (6.18%), Vitamin B5: 0.51mg (5.11%), Vitamin K: 4.32µg (4.11%)