



## Quick Italian Soup

READY IN



30 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 1 box hawaiian rolls
- 5 cups water hot
- 14.5 oz canned tomatoes whole undrained canned
- 1 cup corn frozen
- 2 tablespoons parmesan cheese grated
- 1 cup zucchini chopped
- 1 serving parmesan cheese grated

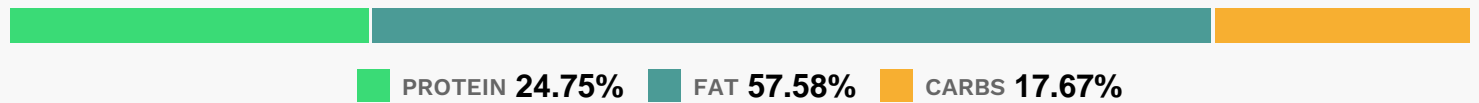
# Equipment

- dutch oven

# Directions

- In 4-quart Dutch oven, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Stir in hot water, contents of sauce mix pouch (from Hamburger Helper box), tomatoes, corn and cheese; break up tomatoes.
- Heat to boiling, stirring constantly.
- Reduce heat; cover and simmer 10 minutes, stirring occasionally.
- Stir in contents of uncooked pasta pouch (from Hamburger Helper box) and zucchini. Cover; cook 10 minutes longer.
- Sprinkle each serving with additional grated Parmesan cheese.

# Nutrition Facts



# Properties

Glycemic Index:17.33, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:11.903478135233%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg 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: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

# Nutrients (% of daily need)

Calories: 268kcal (13.4%), Fat: 17.38g (26.73%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.11g (3.68%), Sugar: 2.73g (3.03%), Cholesterol: 59.48mg (19.83%), Sodium: 279.53mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.61%), Vitamin B12: 1.71µg (28.47%), Zinc: 3.85mg (25.65%), Vitamin B3: 4.27mg (21.33%), Vitamin B6: 0.42mg (21.23%), Phosphorus: 210.54mg (21.05%), Selenium: 14.11µg (20.16%), Vitamin C: 13.04mg (15.81%), Potassium: 499.64mg (14.28%), Iron: 2.46mg (13.66%), Vitamin B2: 0.22mg (12.96%), Calcium: 107.41mg (10.74%), Magnesium: 38.58mg (9.65%), Manganese: 0.16mg (8.21%), Copper:

0.16mg (7.9%), Fiber: 1.89g (7.57%), Folate: 29.82µg (7.46%), Vitamin B1: 0.11mg (7.32%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.84mg (5.58%), Vitamin K: 4.41µg (4.2%), Vitamin A: 180.53IU (3.61%)