






 **60%**  
HEALTH SCORE

# Venison Italian Soup

 Dairy Free  Very Healthy

READY IN  
  
**170 min.**

SERVINGS  
  
**8**

CALORIES  
  
**406 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 15 ounce pinto beans canned
- 16 ounce tomato sauce canned
- 14.5 ounce canned tomatoes canned
- 1 carrots chopped
- 2 teaspoons basil dried
- 16 ounce fusilli pasta (spiral)
- 1 tablespoon garlic minced
- 15 ounce green beans canned

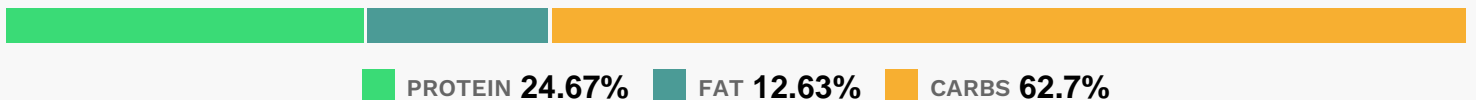
- 0.5 teaspoon ground pepper black
- 1 pound ground venison
- 1 onion chopped
- 2 teaspoons oregano dried
- 1 teaspoon salt
- 3 cups water
- 1 zucchini chopped

## Equipment

## Directions

- Brown venison, onion, and garlic over medium heat until meat is no longer pink.
- Add tomatoes, tomato sauce, water, and spices. Bring to a boil, and then simmer for about 30 minutes.
- Stir in beans, carrots, and zucchini. Simmer soup for 90 minutes.
- Add pasta, and cook until tender. Top individual servings with grated cheese, and serve.

## Nutrition Facts



## Properties

Glycemic Index:46.48, Glycemic Load:23.34, Inflammation Score:-9, Nutrition Score:27.229565081389%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

## Nutrients (% of daily need)

Calories: 405.99kcal (20.3%), Fat: 5.78g (8.89%), Saturated Fat: 2.24g (14%), Carbohydrates: 64.52g (21.51%), Net Carbohydrates: 55.95g (20.34%), Sugar: 9.66g (10.73%), Cholesterol: 45.36mg (15.12%), Sodium: 831.55mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Selenium: 42.78µg (61.11%),

Manganese: 1.12mg (56.06%), Vitamin A: 2057IU (41.14%), Vitamin K: 38.75µg (36.91%), Fiber: 8.57g (34.29%), Phosphorus: 341.1mg (34.11%), Vitamin B1: 0.51mg (34.01%), Vitamin B6: 0.68mg (33.94%), Vitamin B3: 6.16mg (30.82%), Iron: 5.52mg (30.65%), Potassium: 1018.39mg (29.1%), Copper: 0.57mg (28.73%), Zinc: 4.04mg (26.96%), Vitamin C: 21.73mg (26.34%), Magnesium: 102.75mg (25.69%), Vitamin B2: 0.36mg (21.31%), Vitamin B12: 1.06µg (17.67%), Vitamin E: 2.5mg (16.67%), Folate: 66.51µg (16.63%), Vitamin B5: 1.25mg (12.48%), Calcium: 116.59mg (11.66%)