



## Zesty Beef and Noodle Vegetable Soup

READY IN



25 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 beef bouillon cubes instant
- 2.8 oz japanese ramen noodles
- 14.5 oz canned tomatoes diced with green chiles, undrained canned
- 0.5 lb ground beef
- 1 cup savory vegetable mixed frozen
- 4 tablespoons cream sour low-fat
- 3.5 cups water

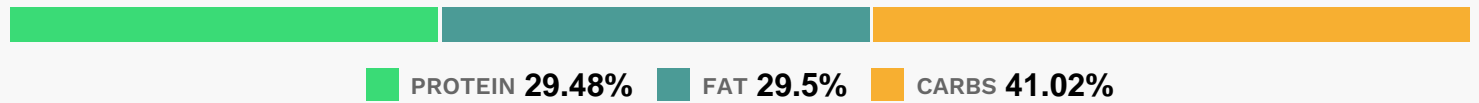
### Equipment

- bowl
- sauce pan
- ladle
- dutch oven

## Directions

- In Dutch oven or large saucepan, brown ground beef over medium-high heat until thoroughly cooked.
- Drain.
- Add water, tomatoes, vegetables, bouillon and seasoning packet from soup mix; mix well. Bring to a boil. Break up ramen noodles; add to soup. Simmer 3 to 5 minutes or until noodles are tender, stirring occasionally to separate noodles.
- To serve, ladle soup into individual soup bowls. Top each serving with 1 tablespoon sour cream.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:7.64, Inflammation Score:-9, Nutrition Score:15.620000033275%

## Nutrients (% of daily need)

Calories: 228.81kcal (11.44%), Fat: 7.62g (11.72%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 20.53g (7.47%), Sugar: 2.93g (3.25%), Cholesterol: 39.39mg (13.13%), Sodium: 733.43mg (31.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Vitamin A: 2472.48IU (49.45%), Vitamin B3: 5.27mg (26.34%), Zinc: 3.49mg (23.24%), Vitamin B12: 1.38µg (23%), Vitamin B1: 0.34mg (22.4%), Vitamin B6: 0.4mg (20.08%), Iron: 3.61mg (20.03%), Phosphorus: 193.02mg (19.3%), Selenium: 12.78µg (18.26%), Vitamin C: 14.46mg (17.52%), Potassium: 550.83mg (15.74%), Vitamin B2: 0.25mg (14.98%), Manganese: 0.3mg (14.97%), Fiber: 3.3g (13.22%), Folate: 48.32µg (12.08%), Copper: 0.23mg (11.32%), Magnesium: 43.03mg (10.76%), Vitamin E: 1.19mg (7.95%), Calcium: 77.82mg (7.78%), Vitamin B5: 0.62mg (6.17%), Vitamin K: 4.34µg (4.13%)