



Zucchini Soup IV

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pound ground beef lean
- ☐ 1 tablespoon pepper sauce hot to taste
- ☐ 1 onion red chopped
- ☐ 1 cup romano cheese grated
- ☐ 6 servings salt and pepper to taste
- ☐ 1 large tomatoes diced
- ☐ 1 pound zucchini thinly sliced

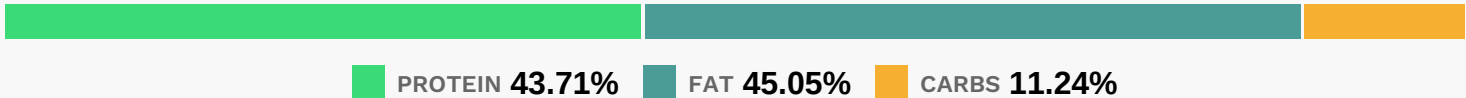
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large saucepan or stockpot, cook the ground beef in the butter until brown. Stir in the tomato and onion; simmer for a minute or so then add zucchini, hot pepper sauce and salt and pepper to taste. Cover the pot and cook over medium heat until zucchini is tender.
- ☐ Serve hot with a generous helping of Romano cheese and a fresh loaf of crusty bread for soaking up the tasty juices.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:14.408695594124%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 210.68kcal (10.53%), Fat: 10.49g (16.14%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.62g (4.02%), Cholesterol: 69.22mg (23.07%), Sodium: 524.25mg (22.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.8%), Phosphorus: 318.47mg (31.85%), Vitamin B12: 1.88µg (31.4%), Zinc: 4.61mg (30.72%), Vitamin C: 20.67mg (25.05%), Vitamin B6: 0.48mg (24.17%), Vitamin B3: 4.72mg (23.58%), Selenium: 15.84µg (22.63%), Calcium: 204.34mg (20.43%), Potassium: 575.59mg (16.45%), Vitamin B2: 0.27mg (15.75%), Iron: 2.34mg (13%), Vitamin A: 535.23IU (10.7%), Magnesium: 42.4mg (10.6%), Manganese: 0.2mg (10.22%), Folate: 31.32µg (7.83%), Vitamin B5: 0.76mg (7.65%), Copper: 0.13mg (6.45%), Vitamin K: 6.53µg (6.22%), Vitamin B1: 0.09mg (6.12%), Fiber: 1.44g (5.75%), Vitamin E: 0.56mg (3.77%), Vitamin D: 0.16µg (1.06%)