



Zucchini Tomato Soup I

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 ounce onion soup mix with onion soup mix
- 0.3 tablespoon garlic powder
- 1 bell pepper green chopped
- 2 pounds ground beef
- 2 cups .5 oz. macaroni
- 2 cups .5 oz. macaroni
- 1 onion chopped
- 2 teaspoons oregano dried

- 10 servings salt to taste
- 8 cups tomatoes chopped
- 4 cups water
- 6 zucchini cubed

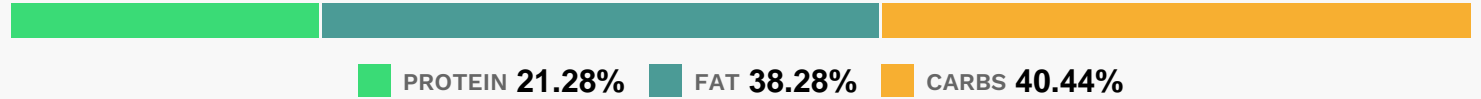
Equipment

- frying pan
- pot

Directions

- In a large stock pot combine tomatoes, water, soup mix, onion, green bell pepper and zucchini. Season with oregano, garlic powder and salt. Bring to a boil.
- Using a saute pan brown ground beef and then add to stock pot.
- Add macaroni and cook until noodles and zucchini are tender, approximately 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:23.936521929243%

Flavonoids

Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 456.96kcal (22.85%), Fat: 19.47g (29.95%), Saturated Fat: 7.23g (45.21%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 41.27g (15.01%), Sugar: 8.3g (9.22%), Cholesterol: 64.41mg (21.47%), Sodium: 847.4mg (36.84%), Alcohol: 0g (100%), Protein: 24.35g (48.7%), Selenium: 40.86µg (58.38%), Vitamin C: 48.01mg (58.2%), Manganese: 0.84mg (41.83%), Vitamin B6: 0.73mg (36.41%), Zinc: 5.1mg (34.02%), Vitamin B12: 1.94µg (32.36%), Phosphorus: 317.96mg (31.8%), Vitamin B3: 5.98mg (29.91%), Potassium: 1023.49mg (29.24%), Vitamin A: 1280.25IU

(25.61%), Magnesium: 80.69mg (20.17%), Fiber: 5g (19.98%), Vitamin B2: 0.32mg (18.87%), Iron: 3.38mg (18.75%),
Vitamin K: 19.66µg (18.72%), Copper: 0.37mg (18.27%), Folate: 64.34µg (16.08%), Vitamin B1: 0.21mg (13.8%),
Vitamin B5: 1.07mg (10.73%), Vitamin E: 1.33mg (8.89%), Calcium: 79.25mg (7.92%)