



HEALTH SCORE

57%

7-Can Taco Soup



Gluten Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings avocado diced for garnish, optional
- ☐ 4 cups beef broth
- ☐ 1 can kidney beans
- ☐ 1 can pinto beans
- ☐ 1 can canned tomatoes diced
- ☐ 1 can canned tomatoes diced
- ☐ 1 can chili beans sauce
- ☐ 3 cloves garlic

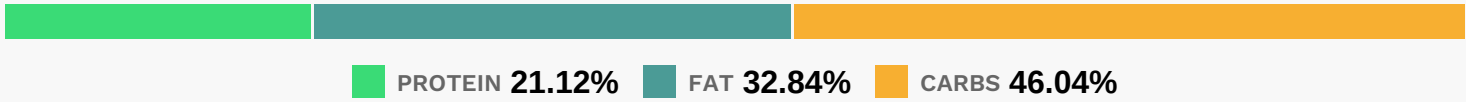
- ☐ 1 can chillies green
- ☐ 1 pound ground beef lean
- ☐ 6 servings lettuce shredded for garnish, optional
- ☐ 0.5 tablespoon olive oil
- ☐ 1 cup onion
- ☐ 6 servings pepper jack cheese shredded for garnish, optional finely
- ☐ 1 envelope ranch dressing mix
- ☐ 6 servings cup heavy whipping cream sour for garnish, optional
- ☐ 1 envelope taco seasoning
- ☐ 6 servings tomatoes fresh chopped for garnish, optional
- ☐ 6 servings commercial tortilla strips homemade for garnish, optional
- ☐ 1 can kernel corn whole

Equipment

Directions

- ☐ Recipe: 7-Can Taco Soup
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 10 min |Cook time: 15 min |

Nutrition Facts



Properties

Glycemic Index:61.17, Glycemic Load:13.69, Inflammation Score:-10, Nutrition Score:47.967391431332%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg

0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 676.65kcal (33.83%), Fat: 25.76g (39.63%), Saturated Fat: 6.04g (37.77%), Carbohydrates: 81.25g (27.08%), Net Carbohydrates: 55.25g (20.09%), Sugar: 23.33g (25.92%), Cholesterol: 54.84mg (18.28%), Sodium: 2821.52mg (122.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.28g (74.55%), Fiber: 26g (103.99%), Vitamin C: 63.99mg (77.56%), Potassium: 2609.22mg (74.55%), Vitamin K: 70.06µg (66.73%), Vitamin B6: 1.32mg (65.83%), Manganese: 1.26mg (63.17%), Phosphorus: 623.37mg (62.34%), Vitamin A: 3025.57IU (60.51%), Folate: 232.51µg (58.13%), Vitamin B3: 11.21mg (56.06%), Copper: 1.06mg (53.14%), Zinc: 7.84mg (52.24%), Iron: 9.15mg (50.84%), Magnesium: 189.55mg (47.39%), Vitamin E: 5.92mg (39.44%), Vitamin B2: 0.62mg (36.51%), Vitamin B1: 0.48mg (31.78%), Vitamin B12: 1.85µg (30.77%), Vitamin B5: 2.81mg (28.07%), Selenium: 18.27µg (26.1%), Calcium: 215.48mg (21.55%)