



## Abalos-Style Hamburger Soup (Picadillo Filipino)



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons beef bouillon from cube
- ☐ 1 tablespoon cooking oil
- ☐ 2 tablespoons fish sauce
- ☐ 4 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 1 onion diced
- ☐ 1 large potatoes diced

- ☐ 6 servings salt and pepper to taste
- ☐ 1 large tomatoes diced
- ☐ 4 cups water

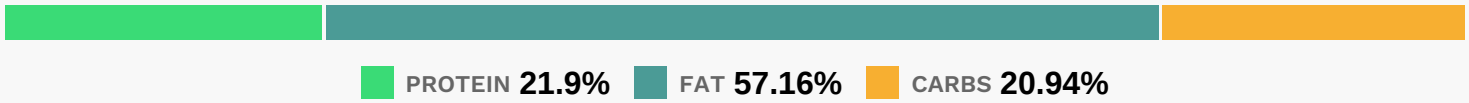
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ Heat the oil in a large pot over medium-high heat. Cook the onion and garlic in the hot oil until the onions are tender. Stir in the tomato; cook until soft, about 3 minutes. Crumble the ground beef into the pan and cook until brown, about 5 minutes.
- ☐ Add the water, potato, beef bouillon, fish sauce, salt, and pepper; reduce heat, cover, and simmer until the potatoes are tender, stirring occasionally, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.79, Glycemic Load:8.74, Inflammation Score:-5, Nutrition Score:11.868695653003%

## 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: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 278.22kcal (13.91%), Fat: 17.61g (27.09%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 12.45g (4.53%), Sugar: 2.29g (2.55%), Cholesterol: 53.68mg (17.89%), Sodium: 747.94mg (32.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.36%), Vitamin B12: 1.65µg (27.5%), Vitamin B6: 0.52mg (26.05%), Zinc: 3.47mg (23.15%), Vitamin C: 18.28mg (22.16%), Vitamin B3: 4.24mg (21.18%), Selenium: 12.48µg (17.83%), Phosphorus: 171.22mg (17.12%), Potassium: 589.69mg (16.85%), Iron: 2.16mg (11.99%), Magnesium: 44.85mg (11.21%), Manganese: 0.21mg (10.41%), Vitamin B2: 0.15mg (8.76%), Copper: 0.17mg (8.6%), Fiber: 2.07g (8.28%), Vitamin B1: 0.11mg (7.08%), Folate: 26.38µg (6.6%), Vitamin K: 6.7µg (6.38%), Vitamin B5: 0.63mg (6.31%),

Vitamin E: 0.89mg (5.96%), Vitamin A: 255.17IU (5.1%), Calcium: 39.59mg (3.96%)