



Becca's Taco Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans canned
- ☐ 8 ounce tomato sauce canned
- ☐ 1 pound ground beef
- ☐ 1 onion chopped
- ☐ 1.3 ounce taco seasoning
- ☐ 4 cups sacramento tomato juice
- ☐ 15 ounce kernel corn whole drained canned

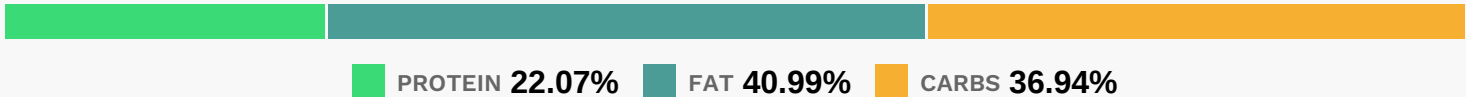
Equipment

☐ pot

Directions

- ☐ In a large pot over medium high heat, combine the ground beef and the onions.
- ☐ Saute for about 5 minutes, or until onions are tender.
- ☐ Add the tomato juice, corn, beans, tomato sauce and taco seasoning. Stir well and heat throughout, but do not boil.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:4.87, Inflammation Score:-8, Nutrition Score:14.502173957617%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 267.69kcal (13.38%), Fat: 12.45g (19.16%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 20.44g (7.43%), Sugar: 7.73g (8.59%), Cholesterol: 40.26mg (13.42%), Sodium: 765.17mg (33.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.17%), Vitamin C: 28.56mg (34.62%), Vitamin A: 1085.32IU (21.71%), Potassium: 735.46mg (21.01%), Vitamin B3: 4.19mg (20.94%), Zinc: 3.12mg (20.78%), Vitamin B6: 0.4mg (20.24%), Vitamin B12: 1.21µg (20.22%), Phosphorus: 201.23mg (20.12%), Fiber: 4.8g (19.18%), Iron: 3mg (16.69%), Manganese: 0.32mg (16.16%), Folate: 62.67µg (15.67%), Selenium: 9.69µg (13.85%), Magnesium: 50.42mg (12.61%), Copper: 0.24mg (12.06%), Vitamin B2: 0.19mg (11.02%), Vitamin B1: 0.16mg (10.6%), Vitamin B5: 0.76mg (7.62%), Vitamin E: 1.04mg (6.95%), Vitamin K: 6.84µg (6.52%), Calcium: 45.97mg (4.6%)