



Beef Barley Soup

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



32 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes canned
- 0.8 cup carrots sliced
- 2 cloves garlic minced
- 0.5 lb ground beef
- 0.8 cup mushrooms sliced
- 1 tsp oregano leaves dried
- 0.5 cup quick-cooking barley uncooked
- 2.5 cups water cold

8 oz velveeta®

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Equipment

sauce pan

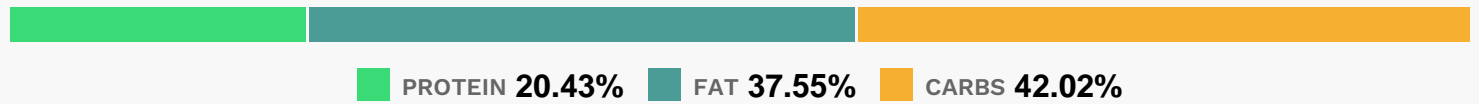
Directions

Brown meat in large saucepan; drain. Stir in water, tomatoes, carrots, mushrooms, barley, garlic and oregano.

Bring to boil. Reduce heat to low; cover. Simmer 10 minutes or until barley is tender.

Add VELVEETA; stir until melted.

Nutrition Facts



Properties

Glycemic Index:4.34, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:2.2347826313065%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 32.11kcal (1.61%), Fat: 1.38g (2.12%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.7g (0.77%), Cholesterol: 4.6mg (1.53%), Sodium: 22.45mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Vitamin A: 484.12IU (9.68%), Manganese: 0.07mg (3.47%), Selenium: 2.34µg (3.34%), Vitamin B3: 0.65mg (3.24%), Fiber: 0.78g (3.14%), Vitamin B6: 0.05mg (2.7%), Zinc: 0.38mg (2.56%), Copper: 0.05mg (2.4%), Phosphorus: 23.25mg (2.32%), Vitamin B12: 0.14µg (2.32%), Potassium: 75.38mg (2.15%), Iron: 0.38mg (2.14%), Vitamin B2: 0.03mg (1.71%), Magnesium: 6.49mg (1.62%), Vitamin C: 1.3mg (1.58%), Vitamin K: 1.47µg (1.4%), Vitamin B1: 0.02mg (1.38%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.12%)