



Beefy Lentil Vegetable Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cubes beef bouillon cubes
- 4.5 ounce mushrooms drained canned
- 1 cup carrots chopped
- 1 cup celery chopped
- 8 servings ground pepper black to taste
- 1 pound ground beef lean
- 1 cup onion chopped
- 1 teaspoon salt

- 6 cups tomato-vegetable juice cocktail
- 3 cups water
- 1 dash worcestershire sauce

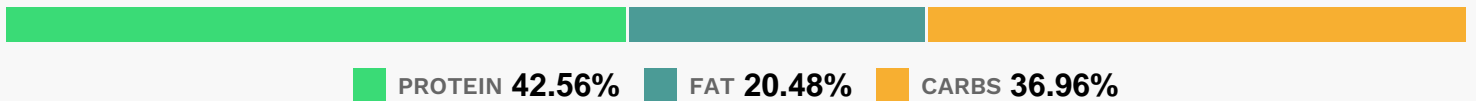
Equipment

- pot

Directions

- Brown beef; break meat into small pieces while cooking.
- Drain.
- Place meat in a big pot with lid.
- Add lentils, vegetables, water, salt, pepper, bouillon, vegetable juice, mushrooms, and Worcestershire sauce. Cook on high until it boils. Reduce heat to low, and cover. Simmer for about 1 1/2 to 2 hours, or until lentils are tender. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:21.15, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:16.567825910838%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 129.75kcal (6.49%), Fat: 3.07g (4.72%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 10.32g (3.75%), Sugar: 8.69g (9.65%), Cholesterol: 35.16mg (11.72%), Sodium: 502.13mg (21.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Vitamin A: 3550.82IU (71.02%), Vitamin C: 36.18mg (43.86%), Vitamin B6: 0.49mg (24.52%), Vitamin B3: 4.83mg (24.13%), Zinc: 3.37mg (22.5%), Potassium: 750.72mg (21.45%), Vitamin B12: 1.27µg (21.21%), Phosphorus: 170.82mg (17.08%), Selenium: 11.31µg (16.15%), Iron: 2.4mg (13.33%), Folate: 52.69µg (13.17%), Copper: 0.23mg (11.39%), Manganese: 0.22mg (11.16%), Vitamin B5: 1.05mg

(10.5%), Magnesium: 41.43mg (10.36%), Vitamin B2: 0.17mg (10.23%), Vitamin K: 10.42µg (9.92%), Vitamin B1: 0.15mg (9.7%), Fiber: 2.13g (8.51%), Vitamin E: 0.89mg (5.92%), Calcium: 43.58mg (4.36%)