



Beefy Nacho Soup

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz tomatoes diced green undrained canned
- 10.8 oz condensed cream of cheddar cheese soup canned
- 0.5 cup tortilla chips crushed
- 1 lb ground beef 80% lean (at least)
- 1.5 cups milk
- 1 oz sharp cheddar cheese shredded
- 1 tablespoon taco seasoning 40% old el paso® (from 1 oz package)

Equipment

sauce pan

Directions

- In 2-quart saucepan, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Reduce heat to medium. Stir in remaining ingredients except shredded cheese and tortilla chips. Cook 8 to 12 minutes or until thoroughly heated, stirring frequently. Top individual servings with shredded cheese and tortilla chips.

Nutrition Facts

 PROTEIN **21.05%**  FAT **60.08%**  CARBS **18.87%**

Properties

Glycemic Index:16.25, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:17.58043480956%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 514.63kcal (25.73%), Fat: 34.16g (52.55%), Saturated Fat: 13.41g (83.81%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 21.92g (7.97%), Sugar: 7.57g (8.41%), Cholesterol: 101.63mg (33.88%), Sodium: 755.25mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.85%), Vitamin B12: 3µg (49.93%), Zinc: 5.67mg (37.82%), Phosphorus: 349.85mg (34.99%), Selenium: 21.46µg (30.65%), Vitamin B3: 5.52mg (27.59%), Potassium: 952.66mg (27.22%), Vitamin B6: 0.53mg (26.57%), Calcium: 244.65mg (24.47%), Vitamin B2: 0.37mg (22.02%), Iron: 3.16mg (17.55%), Vitamin A: 668.27IU (13.37%), Magnesium: 52.04mg (13.01%), Vitamin B5: 1.19mg (11.94%), Vitamin E: 1.55mg (10.35%), Vitamin B1: 0.15mg (10.27%), Fiber: 2.21g (8.85%), Vitamin C: 6.87mg (8.33%), Vitamin D: 1.16µg (7.75%), Vitamin K: 7.55µg (7.19%), Copper: 0.14mg (6.76%), Folate: 16.82µg (4.21%), Manganese: 0.07mg (3.51%)