



Beefy Tomato Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 2 stalks celery chopped
- 0.5 teaspoon garlic powder
- 2 pounds ground beef lean
- 1 onion chopped
- 8 servings salt and pepper to taste
- 2 cups tomato-vegetable juice cocktail
- 2 cups sacramento tomato juice

2 cups water

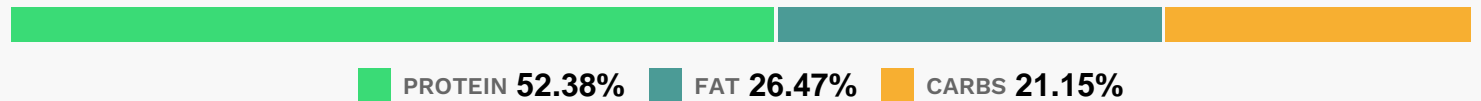
Equipment

pot

Directions

- Place beef, onion, celery and diced tomatoes in a stock pot.
- Add water, bring to a boil and then simmer for 1 hour.
- Add tomato-vegetable juice, tomato juice, garlic powder and season with salt and pepper. Bring to boil, simmer for 1 1/2 hours and then serve.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:2.85, Inflammation Score:-7, Nutrition Score:18.443478304407%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 199.97kcal (10%), Fat: 5.91g (9.09%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 8.74g (3.18%), Sugar: 7.31g (8.12%), Cholesterol: 70.31mg (23.44%), Sodium: 360.23mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.59%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.14mg (40.94%), Vitamin B3: 7.73mg (38.63%), Vitamin C: 28.29mg (34.29%), Vitamin B6: 0.68mg (34.17%), Selenium: 20.56µg (29.37%), Phosphorus: 270mg (27%), Potassium: 869.5mg (24.84%), Iron: 3.95mg (21.95%), Vitamin B2: 0.26mg (15.1%), Vitamin A: 702.4IU (14.05%), Copper: 0.27mg (13.75%), Magnesium: 51.81mg (12.95%), Vitamin B5: 1.22mg (12.18%), Manganese: 0.22mg (11.04%), Folate: 42.95µg (10.74%), Vitamin B1: 0.15mg (10.09%), Vitamin E: 1.38mg (9.2%), Vitamin K: 8.84µg (8.42%), Fiber: 1.87g (7.49%), Calcium: 49.03mg (4.9%)