



Beefy Vegetable Soup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef
- 1 cup bell pepper green chopped
- 29 oz stewed tomatoes with jalapeño peppers, garlic and onion, undrained, chopped mexican-style canned
- 8 oz tomato sauce canned
- 0.8 cup beef broth fat-free
- 16 oz stew meat frozen
- 0.1 teaspoon salt

Equipment

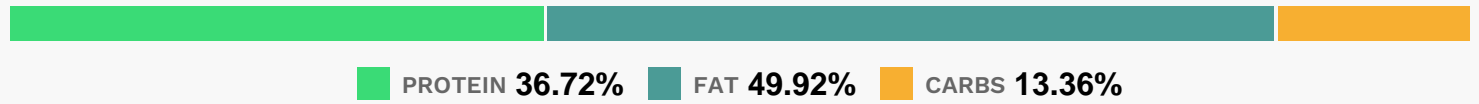
dutch oven

Directions

In 4-quart Dutch oven, cook beef and bell pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

Add tomatoes, tomato sauce and broth; heat to boiling. Stir in vegetables and salt. Reduce heat. Cover; simmer 30 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:21.942608522332%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 349.62kcal (17.48%), Fat: 19.35g (29.77%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 9.29g (3.38%), Sugar: 6.76g (7.52%), Cholesterol: 100.55mg (33.52%), Sodium: 735.77mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.03g (64.07%), Vitamin B12: 3.04µg (50.62%), Vitamin B3: 10.01mg (50.05%), Selenium: 33.54µg (47.91%), Zinc: 6.65mg (44.36%), Vitamin B6: 0.86mg (42.84%), Vitamin C: 33.44mg (40.53%), Phosphorus: 328.46mg (32.85%), Iron: 5.35mg (29.69%), Potassium: 917.48mg (26.21%), Vitamin B2: 0.32mg (18.74%), Copper: 0.33mg (16.68%), Vitamin E: 2.31mg (15.4%), Magnesium: 56.19mg (14.05%), Vitamin B1: 0.19mg (12.64%), Vitamin B5: 1.01mg (10.13%), Vitamin A: 491.23IU (9.82%), Fiber: 2.36g (9.44%), Manganese: 0.17mg (8.64%), Calcium: 84.16mg (8.42%), Vitamin K: 8.45µg (8.05%), Folate: 28.46µg (7.11%)