



Burger Beef Soup

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.3 cup onion chopped
- 10.8 oz campbell's® condensed cream of celery soup canned
- 0.5 cup peas sweet frozen (from 1-lb bag)
- 2 cups sacramento tomato juice
- 1.3 cups water
- 0.8 teaspoon basil dried fresh chopped
- 0.8 teaspoon marjoram dried fresh chopped

- 0.1 teaspoon pepper
- 1 bay leaves dried
- 2 oz extra wide egg noodles uncooked

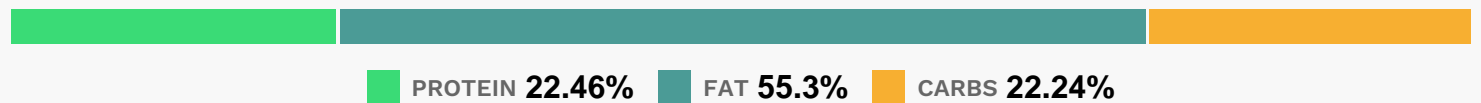
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- Stir in remaining ingredients except noodles.
- Heat to boiling. Stir in noodles; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until noodles are tender.
- Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:6.61, Inflammation Score:-7, Nutrition Score:20.952608751214%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 437.38kcal (21.87%), Fat: 26.86g (41.33%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 21.6g (7.85%), Sugar: 7.08g (7.86%), Cholesterol: 100.8mg (33.6%), Sodium: 489.42mg (21.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.11%), Selenium: 30.3µg (43.29%), Vitamin B12: 2.5µg (41.64%), Zinc: 5.55mg (37%), Vitamin C: 30.4mg (36.85%), Vitamin B3: 6.51mg (32.56%), Vitamin B6: 0.59mg (29.27%), Phosphorus: 281.23mg (28.12%), Vitamin K: 25.98µg (24.74%), Manganese: 0.49mg (24.33%), Potassium: 758.67mg (21.68%), Iron: 3.86mg (21.45%), Vitamin A: 914.04IU (18.28%), Vitamin B5: 1.74mg (17.37%), Vitamin B2: 0.28mg (16.3%), Copper: 0.32mg (16.21%), Magnesium: 53.93mg (13.48%), Vitamin E: 2.01mg (13.41%), Vitamin B1: 0.2mg (13.37%), Folate: 52.24µg (13.06%), Fiber: 2.71g (10.86%), Calcium: 76.01mg (7.6%), Vitamin D:

0.16µg (1.04%)