



Connie's Quick Stew

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

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

388 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 pound baby carrots chopped
- ☐ 32.3 ounce condensed tomato soup canned
- ☐ 16 ounces green beans frozen
- ☐ 1.5 pounds ground beef lean
- ☐ 3 potatoes diced
- ☐ 6 servings salt and pepper to taste

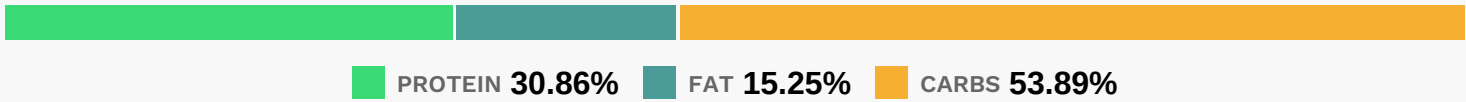
Equipment

- ☐ pot

Directions

- ☐ In a 6 quart stock pot, over medium heat, brown ground beef and season with salt and pepper.
- ☐ Add tomato soup, water (fill pot 2/3 full), carrots and potatoes. If desired add green beans and then bring soup to a boil and simmer for 15 to 20 minutes, or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:22.96, Inflammation Score:-10, Nutrition Score:33.131304232971%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 387.83kcal (19.39%), Fat: 6.7g (10.31%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 53.3g (17.77%), Net Carbohydrates: 45.04g (16.38%), Sugar: 19.43g (21.59%), Cholesterol: 70.31mg (23.44%), Sodium: 912.99mg (39.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.04%), Vitamin A: 11546.15IU (230.92%), Vitamin C: 51.83mg (62.82%), Potassium: 2035.81mg (58.17%), Vitamin B6: 1.08mg (53.79%), Vitamin B3: 9.64mg (48.18%), Vitamin K: 46.85µg (44.62%), Zinc: 6.67mg (44.44%), Vitamin B12: 2.54µg (42.34%), Phosphorus: 382.37mg (38.24%), Selenium: 25.76µg (36.8%), Manganese: 0.66mg (33.13%), Fiber: 8.25g (33.01%), Iron: 5.88mg (32.68%), Magnesium: 97.24mg (24.31%), Copper: 0.41mg (20.32%), Vitamin B2: 0.35mg (20.31%), Vitamin B1: 0.28mg (18.69%), Folate: 68.07µg (17.02%), Vitamin B5: 1.52mg (15.17%), Calcium: 95.08mg (9.51%), Vitamin E: 1.16mg (7.71%)