



Daddy's Stew



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce pinto beans with jalapeno peppers canned
- ☐ 38 ounce minestrone soup canned
- ☐ 20 ounce tomatoes and chiles diced green canned
- ☐ 12 servings garlic powder to taste
- ☐ 2 pounds ground beef
- ☐ 12 servings ground pepper black to taste
- ☐ 1 medium onions chopped
- ☐ 12 servings lawry's seasoned salt to taste

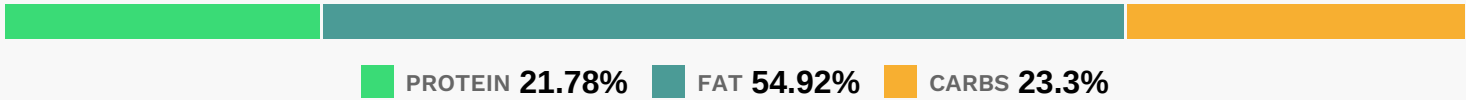
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a skillet over medium heat, cook the ground beef and onions until beef is evenly brown and onions are tender.
- ☐ Drain grease.
- ☐ In a pot, mix the beef and onions, minestrone soup, pinto beans with jalapeno peppers, and diced tomatoes and green chiles. Season with garlic powder, seasoned salt, and pepper. Bring to a boil, reduce heat to low, and simmer 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:1.93, Inflammation Score:-4, Nutrition Score:11.219130381294%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 314.71kcal (15.74%), Fat: 19.03g (29.27%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 14.94g (5.43%), Sugar: 3.38g (3.76%), Cholesterol: 57.27mg (19.09%), Sodium: 813.57mg (35.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Vitamin B12: 1.62µg (26.96%), Potassium: 843.81mg (24.11%), Zinc: 3.53mg (23.5%), Vitamin B6: 0.38mg (19.14%), Vitamin B3: 3.66mg (18.3%), Phosphorus: 175.17mg (17.52%), Selenium: 12.16µg (17.36%), Iron: 2.63mg (14.6%), Fiber: 3.22g (12.87%), Manganese: 0.21mg (10.37%), Vitamin B2: 0.15mg (8.84%), Vitamin A: 417.8IU (8.36%), Magnesium: 32.76mg (8.19%), Calcium: 78.12mg (7.81%), Copper: 0.16mg (7.76%), Vitamin C: 5.35mg (6.48%), Vitamin B1: 0.09mg (5.93%), Vitamin E: 0.85mg (5.66%), Vitamin B5: 0.52mg (5.17%), Folate: 20.46µg (5.12%), Vitamin K: 3.66µg (3.49%)