




Easy and Delicious Taco Soup


 **Gluten Free**

READY IN




45 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pd of ground turkey cooked drained
- 0.5 onion chopped
- 15 oz pinto beans with liquid canned
- 15 oz kidney beans with liquid canned
- 15 oz regular corn with liquid canned
- 8 oz tomato sauce canned
- 15 oz tomatoes diced canned
- 4 oz chiles green canned

- 2 oz olives with liquid sliced canned
- 1 package taco seasoning gluten free for (check label)
- 0.3 teaspoon ground pepper
- 6 servings cilantro leaves fresh chopped
- 6 servings cheese grated for dairy free (Optional)
- 6 servings tortilla chips
- 6 servings cream sour for dairy free (Tofutti "Better than cream")

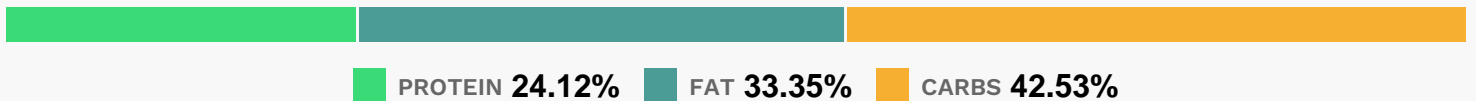
Equipment

- pot

Directions

- Combine all ingredients, except cilantro, cheese, chips and sour cream in a large pot.
- Heat to a full boil.
- Reduce heat and simmer for 30 minutes.
- To serve: Top with cilantro, cheese, chips and sour cream.

Nutrition Facts



Properties

Glycemic Index:52.58, Glycemic Load:15.24, Inflammation Score:-9, Nutrition Score:29.357826086957%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Taste

Sweetness: 51.82%, Saltiness: 100%, Sourness: 41.08%, Bitterness: 14.51%, Savoriness: 67.48%, Fattiness: 92.71%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 600.27kcal (30.01%), Fat: 23.24g (35.75%), Saturated Fat: 8.63g (53.96%), Carbohydrates: 66.68g (22.23%), Net Carbohydrates: 53.26g (19.37%), Sugar: 10.55g (11.73%), Cholesterol: 78.66mg (26.22%), Sodium: 1676.44mg (72.89%), Protein: 37.82g (75.64%), Phosphorus: 605.11mg (60.51%), Vitamin B6: 1.09mg (54.29%), Fiber: 13.42g (53.67%), Vitamin B3: 10.37mg (51.86%), Selenium: 28.29µg (40.41%), Calcium: 353.44mg (35.34%), Magnesium: 134.15mg (33.54%), Manganese: 0.67mg (33.39%), Potassium: 1132.88mg (32.37%), Vitamin A: 1477.87IU (29.56%), Vitamin C: 24.16mg (29.29%), Zinc: 4.35mg (29.03%), Iron: 5.08mg (28.22%), Vitamin B2: 0.42mg (24.94%), Folate: 89.62µg (22.4%), Copper: 0.44mg (22.23%), Vitamin B1: 0.32mg (21.63%), Vitamin B5: 2.14mg (21.41%), Vitamin E: 3.21mg (21.4%), Vitamin K: 15.09µg (14.37%), Vitamin B12: 0.73µg (12.15%), Vitamin D: 0.48µg (3.22%)