



Easy Green Chile Stew



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned undrained
- ☐ 1.5 cups regular corn frozen
- ☐ 7 ounce chilies green chopped canned
- ☐ 7 ounce salsa green prepared canned
- ☐ 2 pounds ground beef
- ☐ 15.5 ounce hominy canned (do not drain)
- ☐ 1 onion chopped
- ☐ 3 large potatoes cubed peeled

☐ 3 cups water to taste

Equipment

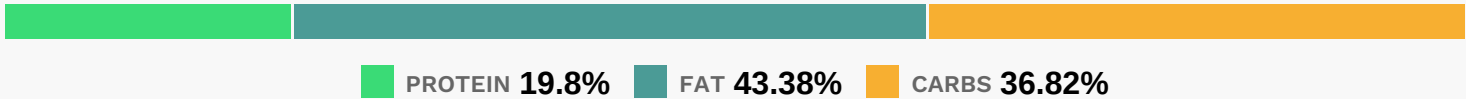
☐ frying pan

☐ pot

Directions

- ☐ Place the ground beef and onion in a large skillet over medium heat, and cook and stir until the beef and onion are browned, 10 to 15 minutes. Break the meat apart as it cooks.
- ☐ Drain excess fat.
- ☐ Place the browned beef mixture into a soup pot, and stir in hominy, corn, potatoes, green chilies, salsa, diced tomatoes, and water. Bring to a boil over medium heat, and reduce heat to a simmer. Cook until the potatoes are tender, about 30 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:23.97, Inflammation Score:-7, Nutrition Score:28.15956508595%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 662.72kcal (33.14%), Fat: 32g (49.22%), Saturated Fat: 11.81g (73.81%), Carbohydrates: 61.1g (20.37%), Net Carbohydrates: 51.96g (18.9%), Sugar: 8.35g (9.28%), Cholesterol: 107.35mg (35.78%), Sodium: 819.66mg (35.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.86g (65.72%), Vitamin C: 52.27mg (63.36%), Vitamin B6: 1.21mg (60.41%), Vitamin B12: 3.24µg (53.93%), Zinc: 8.05mg (53.68%), Vitamin B3: 9.56mg (47.81%), Potassium: 1535.55mg (43.87%), Phosphorus: 423.91mg (42.39%), Selenium: 25.92µg (37.03%), Fiber: 9.13g (36.53%), Iron: 5.81mg (32.28%), Magnesium: 103.61mg (25.9%), Manganese: 0.49mg (24.51%), Vitamin B2: 0.37mg (21.54%), Copper: 0.41mg (20.39%), Vitamin B1: 0.3mg (19.77%), Folate: 66.3µg (16.58%), Vitamin B5: 1.64mg (16.42%),

Calcium: 87.33mg (8.73%), Vitamin K: 8.43µg (8.03%), Vitamin E: 1.14mg (7.63%), Vitamin A: 293.31IU (5.87%),
Vitamin D: 0.15µg (1.01%)