



Easy Vegetable Beef Soup

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

READY IN



200 min.

SERVINGS



16

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 64 ounce tomatoes diced canned
- 16 servings ground pepper black to taste
- 2 pounds ground beef lean
- 60 ounce vegetables mixed canned
- 1 onion chopped
- 16 servings salt to taste

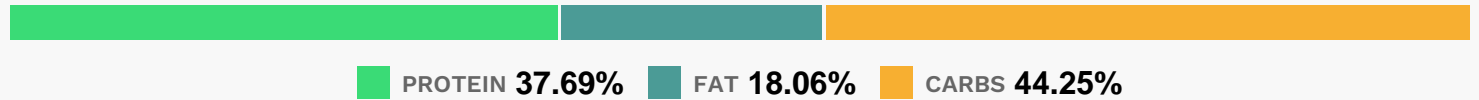
Equipment

- pot

Directions

- In a large soup pot, cook ground meat over medium heat until browned.
- Drain grease from the pot.
- Add chopped onion, mixed vegetables, and tomatoes. Give it a stir. Reduce heat, and simmer for about 3 to 4 hours. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:18.323043486346%

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: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 168kcal (8.4%), Fat: 3.55g (5.45%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 14.02g (5.1%), Sugar: 2.99g (3.32%), Cholesterol: 35.15mg (11.72%), Sodium: 443.63mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.3%), Vitamin A: 5531.82IU (110.64%), Vitamin C: 22.11mg (26.8%), Vitamin B3: 5.26mg (26.31%), Zinc: 3.54mg (23.58%), Vitamin B6: 0.46mg (22.94%), Fiber: 5.53g (22.11%), Vitamin B12: 1.27µg (21.17%), Phosphorus: 198.68mg (19.87%), Iron: 3.49mg (19.36%), Manganese: 0.37mg (18.73%), Potassium: 646.15mg (18.46%), Selenium: 10.44µg (14.92%), Vitamin B2: 0.25mg (14.47%), Vitamin B1: 0.21mg (13.82%), Magnesium: 51.33mg (12.83%), Copper: 0.22mg (11.25%), Folate: 44.06µg (11.02%), Calcium: 68.98mg (6.9%), Vitamin B5: 0.68mg (6.81%), Vitamin E: 0.93mg (6.22%), Vitamin K: 3.65µg (3.48%)