



Hamburger Corn Soup



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons parsley dried
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 1 large onion
- ☐ 3 potatoes cubed peeled
- ☐ 2 teaspoons salt to taste
- ☐ 30 ounce regular corn sweet cream-style canned
- ☐ 30.5 ounce regular corn sweet undrained canned

☐ 6 servings water as needed

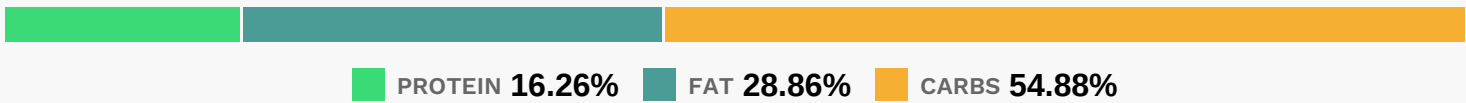
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat; cook and stir beef and onion until beef is browned, about 5 minutes.
- ☐ Transfer beef and onion to a slow cooker.
- ☐ Add sweet corn, cream-style corn, potatoes, and parsley.
- ☐ Pour enough water into the slow cooker to fill completely.
- ☐ Cover and cook corn mixture in slow cook on Low until potatoes are very tender, about 6 hours. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.04, Glycemic Load:29.04, Inflammation Score:-7, Nutrition Score:22.567826302155%

Flavonoids

Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 525.36kcal (26.27%), Fat: 18.01g (27.71%), Saturated Fat: 6.22g (38.88%), Carbohydrates: 77.06g (25.69%), Net Carbohydrates: 69.04g (25.11%), Sugar: 13.02g (14.46%), Cholesterol: 53.68mg (17.89%), Sodium: 1216.65mg (52.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.66%), Vitamin C: 36.61mg (44.38%), Vitamin B6: 0.88mg (43.96%), Vitamin B3: 8.14mg (40.7%), Phosphorus: 371.33mg (37.13%), Zinc: 5.19mg (34.58%), Potassium: 1198.57mg (34.24%), Fiber: 8.02g (32.08%), Folate: 121.3µg (30.32%), Manganese: 0.59mg (29.38%), Vitamin B12: 1.62µg (26.96%), Magnesium: 104.5mg (26.13%), Vitamin B5: 2.13mg (21.27%), Iron: 3.58mg

(19.91%), Vitamin B1: 0.3mg (19.84%), Vitamin B2: 0.31mg (18.32%), Selenium: 12.66µg (18.09%), Copper: 0.36mg (17.92%), Vitamin A: 489IU (9.78%), Calcium: 50.15mg (5.01%), Vitamin K: 5.06µg (4.82%), Vitamin E: 0.56mg (3.74%)