



Hamburger Rice Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced canned
- ☐ 2 carrots chopped
- ☐ 1 pound ground beef
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 2 cups potatoes cubed
- ☐ 4 teaspoons salt
- ☐ 6 cups water

☐ 0.3 cup rice white uncooked

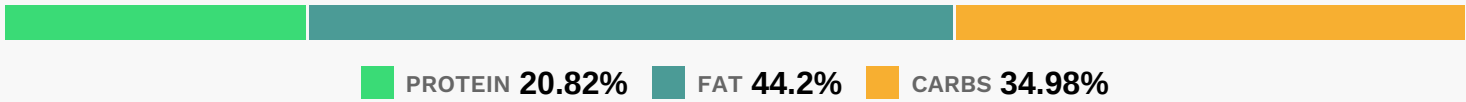
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, saute the ground beef for 5 minutes, or until browned.
- ☐ Drain the excess fat and add the tomatoes with liquid, potatoes, carrots, onion, salt, rice, black pepper and water. Bring to a boil and reduce heat to low. Simmer for 1 hour and serve.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:13.69, Inflammation Score:-10, Nutrition Score:18.846086792324%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 313.12kcal (15.66%), Fat: 15.48g (23.82%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 23.66g (8.6%), Sugar: 5.56g (6.18%), Cholesterol: 53.68mg (17.89%), Sodium: 1828.1mg (79.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.82%), Vitamin A: 3559.2IU (71.18%), Vitamin C: 29.09mg (35.26%), Vitamin B6: 0.67mg (33.28%), Vitamin B12: 1.62µg (26.96%), Vitamin B3: 5.25mg (26.27%), Zinc: 3.75mg (24.98%), Potassium: 857.99mg (24.51%), Phosphorus: 206.74mg (20.67%), Iron: 3.52mg (19.56%), Selenium: 12.97µg (18.53%), Manganese: 0.37mg (18.3%), Fiber: 3.9g (15.61%), Copper: 0.29mg (14.46%), Vitamin B2: 0.23mg (13.54%), Magnesium: 52.7mg (13.18%), Vitamin B1: 0.18mg (11.83%), Vitamin E: 1.4mg (9.3%), Vitamin K: 9.5µg (9.05%), Vitamin B5: 0.91mg (9.05%), Folate: 35.42µg (8.86%), Calcium: 85.81mg (8.58%)