



Hamburger Soup I



Gluten Free



Dairy Free



Popular

READY IN



125 min.

SERVINGS



8

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cubes beef bouillon from cube
- ☐ 8 ounce tomato sauce canned
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 10 ounce corn kernels frozen
- ☐ 1 teaspoon basil dried
- ☐ 3 tablespoons catsup

- ☐ 1 pound ground beef lean
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 5 cups water

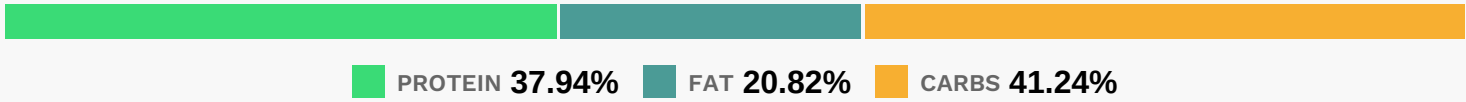
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium skillet, brown hamburger over medium heat.
- ☐ Drain off fat.
- ☐ Combine beef, carrots, celery, onions, bouillon, water, tomato sauce, chopped tomatoes, salt, corn, basil, and ketchup in a large stock pot. Bring to a boil. Reduce heat, and simmer for at least 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:23.6, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:14.798260994579%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 148.88kcal (7.44%), Fat: 3.61g (5.55%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 12.82g (4.66%), Sugar: 8.05g (8.95%), Cholesterol: 35.15mg (11.72%), Sodium: 701.58mg (30.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Vitamin A: 3020.44IU (60.41%), Vitamin B3: 4.77mg (23.87%), Zinc: 3.34mg (22.25%), Vitamin B12: 1.27µg (21.2%), Vitamin B6: 0.41mg (20.72%), Potassium:

627.28mg (17.92%), Phosphorus: 170.99mg (17.1%), Selenium: 10.82µg (15.46%), Iron: 2.71mg (15.05%), Vitamin C: 10.81mg (13.11%), Fiber: 3.27g (13.06%), Manganese: 0.26mg (13.04%), Copper: 0.24mg (12.12%), Vitamin B2: 0.2mg (12%), Vitamin K: 12.17µg (11.59%), Vitamin E: 1.55mg (10.31%), Magnesium: 41.15mg (10.29%), Folate: 38.21µg (9.55%), Vitamin B5: 0.84mg (8.39%), Vitamin B1: 0.11mg (7.26%), Calcium: 52.78mg (5.28%)