



Hamburger Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce baking potatoes unpeeled cut into 1-inch pieces
- 6 large carrots peeled sliced into 1-inch pieces
- 10.8 ounce condensed tomato soup undiluted canned
- 0.8 pound ground round
- 1 onion chopped
- 0.5 teaspoon pepper
- 0.3 teaspoon salt
- 2 cups water

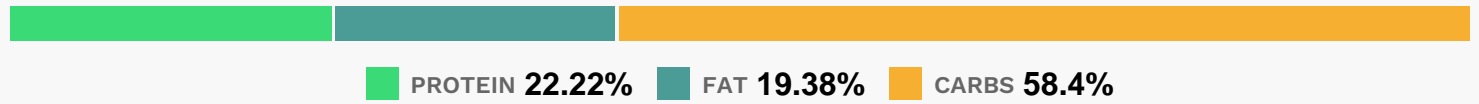
Equipment

dutch oven

Directions

- Cook meat and onion in a Dutch oven over medium heat until meat is browned, stirring until meat crumbles.
- Add carrot and remaining ingredients. Bring to a boil over medium-high heat; cover, reduce heat, and simmer 45 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:28.39, Glycemic Load:19.09, Inflammation Score:-10, Nutrition Score:16.588260786689%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 211.92kcal (10.6%), Fat: 4.65g (7.16%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 27.97g (10.17%), Sugar: 6.94g (7.71%), Cholesterol: 27.64mg (9.21%), Sodium: 290.46mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (24.01%), Vitamin A: 9172.59IU (183.45%), Vitamin B6: 0.65mg (32.39%), Potassium: 988.46mg (28.24%), Vitamin B3: 4.13mg (20.66%), Vitamin C: 15.18mg (18.4%), Zinc: 2.57mg (17.16%), Phosphorus: 171.61mg (17.16%), Manganese: 0.33mg (16.74%), Vitamin B12: 0.94µg (15.66%), Fiber: 3.58g (14.31%), Iron: 2.3mg (12.75%), Selenium: 8.76µg (12.51%), Magnesium: 46.95mg (11.74%), Vitamin B1: 0.16mg (10.88%), Vitamin K: 10.86µg (10.34%), Copper: 0.2mg (10%), Vitamin B2: 0.14mg (8.38%), Folate: 30.33µg (7.58%), Vitamin B5: 0.74mg (7.39%), Calcium: 47.23mg (4.72%), Vitamin E: 0.64mg (4.24%)