

Hamburger Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 pound ground beef
- ☐ 1 cup onion chopped
- ☐ 15 ounce pork and beans canned
- ☐ 3 potatoes cubed peeled
- ☐ 1.3 ounce taco seasoning

☐ 3.8 cups water

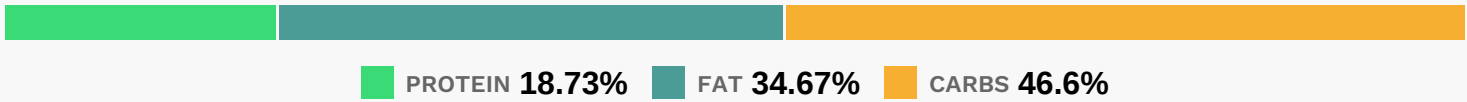
Equipment

☐ pot

Directions

- ☐ In a large pot over medium high heat, saut E the ground beef.
- ☐ Add the taco seasoning, soup, water, onions, carrots, potatoes, celery and beans. Reduce heat to low. Cover and simmer about 30 minutes, or until the vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:33.59, Glycemic Load:16.87, Inflammation Score:-10, Nutrition Score:19.687826120335%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 316.54kcal (15.83%), Fat: 12.5g (19.24%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 30.6g (11.13%), Sugar: 6.95g (7.72%), Cholesterol: 43.98mg (14.66%), Sodium: 795.23mg (34.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Vitamin A: 5684.65IU (113.69%), Vitamin C: 27.14mg (32.9%), Fiber: 7.21g (28.83%), Potassium: 1007.5mg (28.79%), Vitamin B6: 0.56mg (27.77%), Zinc: 3.57mg (23.81%), Manganese: 0.45mg (22.35%), Phosphorus: 222.01mg (22.2%), Vitamin B3: 4.14mg (20.71%), Vitamin B12: 1.21µg (20.22%), Iron: 3.29mg (18.3%), Selenium: 12.54µg (17.91%), Copper: 0.3mg (14.76%), Magnesium: 58.74mg (14.68%), Folate: 47.28µg (11.82%), Vitamin B1: 0.16mg (10.86%), Vitamin B2: 0.16mg (9.49%), Vitamin K: 9.33µg (8.88%), Calcium: 72.91mg (7.29%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 0.59mg (3.93%)