



Hot Dog Soup

 **Gluten Free**  **Dairy Free**

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef frankfurters cut into bite size pieces
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 9 ounce green beans frozen
- ☐ 2 tablespoons butter
- ☐ 1 onion chopped
- ☐ 3 potatoes cubed peeled

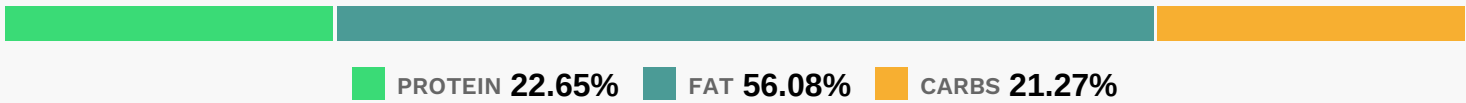
Equipment

☐ sauce pan

Directions

- ☐ Place the onion and margarine in a large saucepan over medium heat. Slowly cook and stir until the onion is soft.
- ☐ Mix in the potatoes and enough water to cover. Bring to a boil. Reduce heat and mix in the tomato sauce, chicken broth, green beans and frankfurters. Simmer 30 minutes, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:15.48, Inflammation Score:-7, Nutrition Score:18.407826091932%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 519.1kcal (25.95%), Fat: 32.5g (50.01%), Saturated Fat: 11.81g (73.83%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 23.35g (8.49%), Sugar: 5.55g (6.17%), Cholesterol: 76.59mg (25.53%), Sodium: 1337.96mg (58.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.08%), Vitamin C: 30.18mg (36.58%), Vitamin B12: 1.92µg (32.03%), Selenium: 22.19µg (31.7%), Vitamin B6: 0.62mg (30.91%), Phosphorus: 304.12mg (30.41%), Vitamin B3: 5.21mg (26.04%), Zinc: 3.89mg (25.96%), Potassium: 882.18mg (25.21%), Vitamin K: 23.02µg (21.92%), Iron: 3.57mg (19.85%), Fiber: 4.37g (17.48%), Copper: 0.34mg (16.75%), Manganese: 0.33mg (16.7%), Magnesium: 65.61mg (16.4%), Vitamin A: 747.78IU (14.96%), Vitamin B2: 0.25mg (14.92%), Folate: 43.91µg (10.98%), Vitamin B1: 0.16mg (10.92%), Vitamin E: 1.1mg (7.31%), Vitamin B5: 0.72mg (7.21%), Calcium: 56.57mg (5.66%), Vitamin D: 0.52µg (3.48%)