

Lamb Barley Soup

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barley
- 31.5 ounce beef consomme canned
- 28 ounce canned tomatoes diced canned
- 4 medium carrots chopped
- 3 stalks celery chopped
- 0.5 teaspoon chili powder
- 10.8 ounce condensed tomato soup canned
- 1 pound lamb

- 0.5 teaspoon ground pepper black
- 0.5 large onion chopped
- 2 cups water

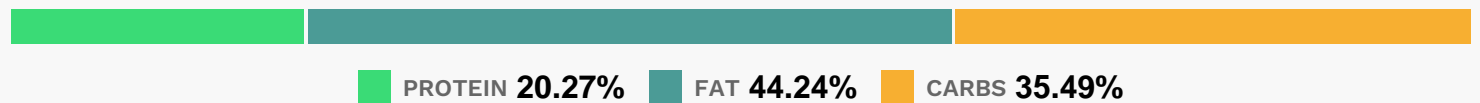
Equipment

- frying pan

Directions

- Heat a large skillet over medium-high heat and stir in the ground lamb and onion. Cook and stir until the lamb is evenly browned and onions are translucent.
- Drain and discard any excess grease.
- Stir in the tomatoes and their liquid, water, consomme, and tomato soup.
- Add the carrots, celery, and barley, and season with chili powder and pepper. Simmer over medium heat for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:31.04, Glycemic Load:7.56, Inflammation Score:-10, Nutrition Score:20.614347908808%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 284.33kcal (14.22%), Fat: 14.36g (22.09%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 20.29g (7.38%), Sugar: 9.65g (10.72%), Cholesterol: 41.39mg (13.8%), Sodium: 763.13mg (33.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.6%), Vitamin A: 5565.81IU (111.32%), Vitamin B3: 6.69mg (33.47%), Manganese: 0.57mg (28.44%), Potassium: 897.33mg (25.64%), Selenium: 17.68µg (25.26%), Vitamin B12: 1.39µg (23.13%), Fiber: 5.62g (22.49%), Vitamin C: 17mg (20.61%), Phosphorus: 195.02mg (19.5%), Vitamin B6: 0.37mg (18.52%), Zinc: 2.71mg (18.07%), Iron: 3.17mg (17.62%), Copper: 0.35mg (17.51%), Vitamin B1:

0.26mg (17.16%), Vitamin K: 17.57µg (16.73%), Magnesium: 61.85mg (15.46%), Vitamin B2: 0.26mg (15.46%), Vitamin E: 1.84mg (12.28%), Folate: 40.55µg (10.14%), Vitamin B5: 0.83mg (8.34%), Calcium: 79.21mg (7.92%)