



Mexican Vegetable-Beef Soup

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

READY IN



45 min.

SERVINGS



2

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.8 ounce no-salt-added beef broth canned
- 1 teaspoon marjoram dried
- 1 cup vegetables mixed frozen
- 0.3 pound ground round
- 0.3 teaspoon onion powder
- 0.1 teaspoon pepper
- 0.8 cup potatoes cubed peeled
- 0.3 teaspoon herb-and-spice blend salt-free

10 ounce tomato and chiles diced green undrained canned

Equipment

paper towels

sauce pan

Directions

Cook ground round in a medium saucepan over medium heat until browned, stirring until it crumbles.

Drain and pat dry with paper towels. Wipe drippings from saucepan with a paper towel.

Return meat to saucepan. Stir in mixed vegetables and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 30 to 35 minutes or until potato is tender.

Nutrition Facts


PROTEIN 28.97% **FAT 50.5%** **CARBS 20.53%**

Properties

Glycemic Index:101.88, Glycemic Load:15.42, Inflammation Score:-10, Nutrition Score:38.989130346671%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 633.02kcal (31.65%), Fat: 35.57g (54.73%), Saturated Fat: 11.68g (73.01%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 25.1g (9.13%), Sugar: 4.39g (4.87%), Cholesterol: 142.1mg (47.37%), Sodium: 2464.37mg (107.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.92g (91.84%), Vitamin C: 97.12mg (117.72%), Vitamin A: 5818.51IU (116.37%), Vitamin B12: 4.72µg (78.71%), Selenium: 47.12µg (67.31%), Vitamin B3: 12.85mg (64.27%), Zinc: 9.18mg (61.2%), Vitamin B6: 1.22mg (60.83%), Phosphorus: 467.03mg (46.7%), Potassium: 1633.91mg (46.68%), Iron: 6.72mg (37.31%), Vitamin B2: 0.53mg (31.05%), Manganese: 0.6mg (30.07%), Fiber: 7.43g (29.7%), Copper: 0.52mg (25.81%), Magnesium: 96.5mg (24.13%), Vitamin B1: 0.34mg (22.44%), Vitamin B5: 1.97mg (19.65%), Folate: 75.18µg (18.79%), Vitamin K: 17.5µg (16.67%), Calcium: 79.17mg (7.92%), Vitamin E: 1.07mg (7.13%)