



My Favorite Hamburger Soup

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons beef base
- ☐ 4 cups beef stock
- ☐ 0.5 teaspoon pepper black
- ☐ 6 servings splash kitchen bouquet
- ☐ 1 cup carrots sliced chopped
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup celery chopped
- ☐ 6 servings extra wide egg noodles cooked

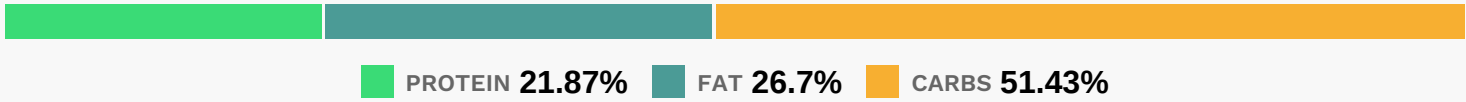
- ☐ 1 tablespoon cooking oil
- ☐ 1 teaspoon basil dried
- ☐ 6 servings parsley flakes dried for garnish, optional
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 4 cups vegetables mixed
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings parmesan cheese grated for garnish, optional
- ☐ 29 oz stewed tomatoes diced canned
- ☐ 4 cups water
- ☐ 0.5 tablespoon worcestershire sauce

Equipment

Directions

- ☐ Recipe: Marys Favorite Hamburger Soup
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 5 min |Cook time: 40 min |

Nutrition Facts



Properties

Glycemic Index:54.47, Glycemic Load:17.29, Inflammation Score:-10, Nutrition Score:28.508261032726%

Flavonoids

Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg, Isorhamnetin: 2.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

8.2mg

Nutrients (% of daily need)

Calories: 425.51kcal (21.28%), Fat: 13.17g (20.26%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 57.08g (19.03%), Net Carbohydrates: 47.75g (17.36%), Sugar: 9.46g (10.51%), Cholesterol: 45.1mg (15.03%), Sodium: 1916.81mg (83.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.53%), Vitamin A: 10393.82IU (207.88%), Calcium: 513.83mg (51.38%), Phosphorus: 452.56mg (45.26%), Selenium: 31.2µg (44.57%), Manganese: 0.89mg (44.36%), Fiber: 9.34g (37.35%), Vitamin C: 29.17mg (35.36%), Iron: 5.6mg (31.12%), Potassium: 1088.56mg (31.1%), Vitamin B2: 0.46mg (26.85%), Magnesium: 104.09mg (26.02%), Copper: 0.52mg (25.94%), Vitamin B3: 4.74mg (23.69%), Vitamin B1: 0.35mg (23.02%), Vitamin K: 22.78µg (21.7%), Vitamin B6: 0.42mg (20.85%), Folate: 71.47µg (17.87%), Zinc: 2.66mg (17.73%), Vitamin E: 2.09mg (13.94%), Vitamin B5: 0.85mg (8.51%), Vitamin B12: 0.45µg (7.5%), Vitamin D: 0.23µg (1.57%)