



Potato Soup with a Kick



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 16 ounce canned tomatoes whole with liquid peeled canned
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 1 teaspoon pepper sauce hot
- ☐ 6 potatoes cubed peeled
- ☐ 2 teaspoons salt

☐ 3 cups water

Equipment

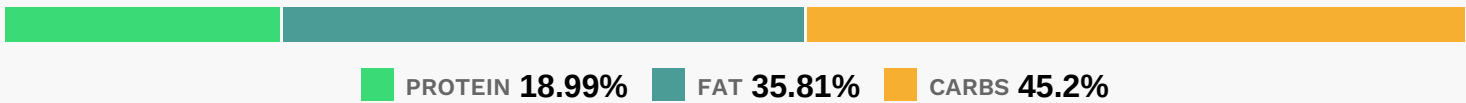
☐ frying pan

☐ sauce pan

Directions

- ☐ In a skillet, brown ground beef and onion.
- ☐ Drain
- ☐ In a large saucepan, combine hamburger mixture, tomatoes (in juice), potatoes, and tomato sauce.
- ☐ Mix well. Stir in water, salt, pepper, and hot pepper sauce, and bring to a boil. Reduce heat, cover and simmer for 45 minutes or until potatoes are fork tender.

Nutrition Facts



Properties

Glycemic Index:31.29, Glycemic Load:28.31, Inflammation Score:-6, Nutrition Score:21.279999857363%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 386.2kcal (19.31%), Fat: 15.55g (23.93%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 37.77g (13.74%), Sugar: 5.59g (6.22%), Cholesterol: 53.68mg (17.89%), Sodium: 1150.2mg (50.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.13%), Vitamin C: 53.49mg (64.84%), Vitamin B6: 1.02mg (50.88%), Potassium: 1387.55mg (39.64%), Vitamin B3: 6.38mg (31.9%), Phosphorus: 271.34mg (27.13%), Vitamin B12: 1.62µg (26.96%), Zinc: 4.02mg (26.78%), Fiber: 6.41g (25.63%), Manganese: 0.5mg (25.03%), Iron: 4.3mg (23.92%), Copper: 0.4mg (20.15%), Magnesium: 79.47mg (19.87%), Selenium: 12.39µg (17.7%), Vitamin B1: 0.25mg (17%), Vitamin B2: 0.25mg (14.84%), Folate: 52.4µg (13.1%), Vitamin B5: 1.24mg (12.44%), Vitamin E: 1.4mg

(9.32%), Vitamin K: 9.29µg (8.85%), Calcium: 77.67mg (7.77%), Vitamin A: 259.65IU (5.19%)