

Potpourri Soup

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barley
- 28 ounce canned tomatoes whole with liquid peeled canned
- 3 carrots chopped
- 3 stalks celery chopped
- 16 ounce chili beans sauce drained canned
- 1 pound ground beef
- 0.5 teaspoon ground pepper black
- 2 onions chopped

- 1 dash pepper sauce hot
- 1 tablespoon salt
- 1 teaspoon steak sauce
- 6 cups water
- 1 teaspoon worcestershire sauce

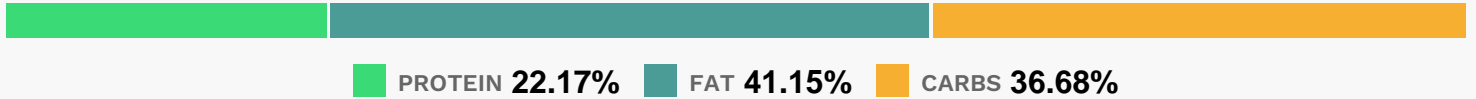
Equipment

- pot

Directions

- In a large pot over medium heat, combine the ground beef and onions and saute for 10 minutes, or until the beef is browned and the onions are tender.
- Add the water, tomatoes, barley, carrots, celery, beans, salt, ground black pepper, Worcestershire sauce, steak sauce and hot pepper sauce to taste.
- Bring to a boil, reduce heat to low and simmer for 1 hour, or until all vegetables and barley are tender.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:34.218260547389%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

Nutrients (% of daily need)

Calories: 533.74kcal (26.69%), Fat: 24.65g (37.92%), Saturated Fat: 9.03g (56.43%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 37.27g (13.55%), Sugar: 15.95g (17.72%), Cholesterol: 80.51mg (26.84%), Sodium: 3040.06mg (132.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.88g (59.76%), Vitamin A: 8033.5IU

(160.67%), Vitamin B6: 1.09mg (54.73%), Zinc: 8mg (53.35%), Fiber: 12.17g (48.7%), Phosphorus: 472.78mg (47.28%), Potassium: 1582.39mg (45.21%), Vitamin B12: 2.44µg (40.63%), Iron: 7.23mg (40.17%), Vitamin B3: 7.95mg (39.76%), Selenium: 24.94µg (35.62%), Vitamin C: 28.36mg (34.38%), Copper: 0.69mg (34.36%), Manganese: 0.67mg (33.37%), Magnesium: 131.21mg (32.8%), Vitamin B2: 0.55mg (32.48%), Vitamin B1: 0.35mg (23.06%), Vitamin K: 24.08µg (22.94%), Folate: 86.4µg (21.6%), Calcium: 176.52mg (17.65%), Vitamin E: 2.55mg (17%), Vitamin B5: 1.12mg (11.17%)