



Princess Fiona's Royal Swamp Soup

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



97 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 oz beef broth canned
- 1 lb ground beef
- 16 oz taco bellâ® & chunky salsa thick
- 1 cup cheese shredded mexican style kraft
- 1 cup tortilla chips crushed
- 7 oz kernel corn whole undrained canned

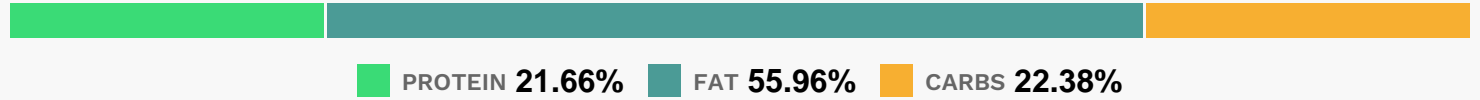
Equipment

- sauce pan

Directions

- Brown meat in large saucepan; drain.
- Add broth, salsa and corn; mix well. Bring to boil. Reduce heat to low; simmer 5 minutes or until heated through, stirring occasionally.
- Serve topped with the crushed chips and cheese.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3139130278774%

Nutrients (% of daily need)

Calories: 97.19kcal (4.86%), Fat: 6.08g (9.35%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.89g (1.78%), Sugar: 0.78g (0.87%), Cholesterol: 17.14mg (5.71%), Sodium: 304.51mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin B12: 0.47µg (7.76%), Phosphorus: 71.83mg (7.18%), Zinc: 1.02mg (6.77%), Vitamin B3: 1.32mg (6.62%), Selenium: 3.98µg (5.69%), Vitamin B6: 0.1mg (5.23%), Calcium: 44.81mg (4.48%), Potassium: 134.33mg (3.84%), Vitamin B2: 0.06mg (3.41%), Iron: 0.6mg (3.31%), Vitamin E: 0.47mg (3.13%), Magnesium: 12.3mg (3.07%), Vitamin A: 116.75IU (2.34%), Fiber: 0.57g (2.3%), Vitamin K: 2.16µg (2.06%), Vitamin B5: 0.2mg (2%), Vitamin B1: 0.02mg (1.56%), Manganese: 0.03mg (1.55%), Copper: 0.03mg (1.55%), Folate: 6.07µg (1.52%)