




 **22%**  
HEALTH SCORE

# Retro Beehive's Hamburger Soup


 Dairy Free

READY IN




**105 min.**

SERVINGS



**6**

CALORIES



**386 kcal**

LUNCH

MAIN COURSE

MAIN DISH

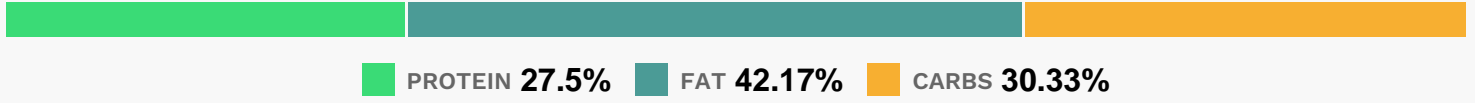
DINNER

## Ingredients

- 8 ounce garbanzo beans canned
- 8 ounce carrots canned
- 3 cups green beans frozen
- 1.5 lbs ground sirloin
- 4 ounce onion soup mix
- 4 ounce canned tomatoes canned
- 18 ounces tomatoes chopped
- 4 cups water

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:34.86, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:27.207391304348%

### Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

### Nutrients (% of daily need)

Calories: 386.35kcal (19.32%), Fat: 18.25g (28.07%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 22.7g (8.26%), Sugar: 7.53g (8.37%), Cholesterol: 77.11mg (25.7%), Sodium: 1764.23mg (76.71%), Protein: 26.77g (53.54%), Vitamin A: 7451.86IU (149.04%), Vitamin B6: 0.91mg (45.36%), Vitamin B12: 2.46µg (41.01%), Zinc: 5.99mg (39.91%), Manganese: 0.75mg (37.53%), Vitamin K: 38.1µg (36.28%), Vitamin B3: 7.11mg (35.55%), Phosphorus: 324.62mg (32.46%), Potassium: 1019.17mg (29.12%), Selenium: 20.1µg (28.71%), Vitamin C: 23.01mg (27.89%), Fiber: 6.83g (27.33%), Iron: 4.23mg (23.48%), Vitamin B2: 0.33mg (19.7%), Magnesium: 74.96mg (18.74%), Copper: 0.37mg (18.27%), Vitamin B1: 0.23mg (15.21%), Folate: 56.8µg (14.2%), Vitamin B5: 1.25mg (12.52%), Calcium: 109.75mg (10.98%), Vitamin E: 1.61mg (10.76%)