



## Slow Cooker Taco Soup

 **Gluten Free**  **Dairy Free**

READY IN



490 min.

SERVINGS



8

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 29 ounce tomatoes diced peeled canned
- 15 ounce kidney beans with liquid canned
- 8 ounce tomato sauce canned
- 16 ounce chili beans sauce with liquid canned
- 4 ounce chile peppers diced green canned
- 1 pound ground beef
- 1 onion chopped
- 1.3 ounce taco seasoning

- 2 cups water
- 15 ounce kernel corn whole with liquid canned

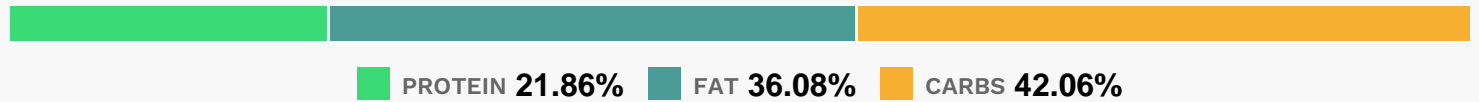
## Equipment

- frying pan
- slow cooker

## Directions

- In a medium skillet, cook the ground beef until browned over medium heat.
- Drain, and set aside.
- Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chile peppers and taco seasoning mix in a slow cooker.
- Mix to blend, and cook on Low setting for 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:3.4, Inflammation Score:-7, Nutrition Score:17.313913049905%

## 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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

## Nutrients (% of daily need)

Calories: 322.48kcal (16.12%), Fat: 13.13g (20.2%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 26.47g (9.63%), Sugar: 8.83g (9.81%), Cholesterol: 40.26mg (13.42%), Sodium: 1370.27mg (59.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Fiber: 7.96g (31.84%), Phosphorus: 287.77mg (28.78%), Zinc: 4.23mg (28.2%), Vitamin B6: 0.55mg (27.71%), Potassium: 921.59mg (26.33%), Vitamin C: 21.69mg (26.29%), Iron: 4.72mg (26.23%), Vitamin B3: 4.4mg (21.98%), Vitamin B12: 1.22µg (20.32%), Copper: 0.39mg (19.52%), Magnesium: 75.04mg (18.76%), Vitamin B2: 0.3mg (17.38%), Folate: 68.99µg (17.25%), Manganese: 0.32mg (15.87%), Selenium: 10.21µg (14.59%), Vitamin A: 683.47IU (13.67%), Vitamin B1: 0.17mg (11.48%),

Vitamin E: 1.47mg (9.81%), Calcium: 90.13mg (9.01%), Vitamin K: 7.26µg (6.91%), Vitamin B5: 0.59mg (5.91%)