



Slow-Cooker Taco Soup

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz black beans drained and rinsed canned
- ☐ 15.3 oz regular corn drained canned
- ☐ 4.5 oz chiles green chopped canned
- ☐ 15 oz tomato sauce canned
- ☐ 10 servings garnishes: cream shredded sour
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef
- ☐ 12 oz taco sauce green

- ☐ 1 onion diced
- ☐ 1 oz taco seasoning
- ☐ 2 cups water

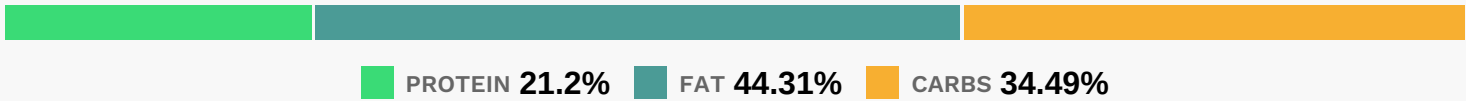
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Brown beef, onion and garlic in a large skillet over medium heat; drain. In a slow cooker, combine beef mixture and remaining ingredients except garnishes. Cover and cook on high setting one hour.
- ☐ Garnish, if desired.
- ☐ Serve with corn chips.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:16.195652163547%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 411.56kcal (20.58%), Fat: 20.35g (31.3%), Saturated Fat: 9.42g (58.9%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 28.19g (10.25%), Sugar: 10.47g (11.64%), Cholesterol: 62.21mg (20.74%), Sodium: 1515.67mg (65.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.79%), Phosphorus: 335.18mg (33.52%), Fiber: 7.45g (29.8%), Calcium: 265.93mg (26.59%), Zinc: 3.71mg (24.73%), Selenium: 16.79µg (23.99%), Folate: 86.71µg (21.68%), Vitamin B12: 1.29µg (21.48%), Vitamin B2: 0.34mg (20.16%), Iron: 3.44mg (19.09%), Potassium: 615.65mg (17.59%), Vitamin B3: 3.31mg (16.57%), Vitamin A: 770.4IU (15.41%), Vitamin C: 12.55mg (15.22%), Manganese: 0.29mg (14.73%), Magnesium: 58.87mg (14.72%), Vitamin B6: 0.29mg (14.39%), Copper: 0.28mg (13.8%), Vitamin B1: 0.17mg (11.39%), Vitamin E: 1.03mg (6.84%), Vitamin B5: 0.67mg (6.66%), Vitamin K: 2.78µg (2.64%), Vitamin D:

0.23μg (1.5%)