



Solomon Grundy



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



21 ounce condensed vegetable soup canned



1 pound ground beef lean



4 servings salt and pepper to taste



10.8 ounce water canned

Equipment

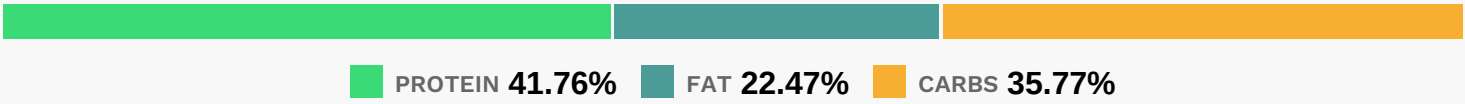


frying pan

Directions

- ☐
- Brown beef in a large skillet over medium high heat; drain fat.
- ☐
- Stir in vegetable soup and water, reduce heat to medium low and simmer for 10 minutes.
Season with salt and pepper to taste and serve.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:7.67, Inflammation Score:-5, Nutrition Score:16.542608691298%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 253.59kcal (12.68%), Fat: 6.32g (9.73%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 21.02g (7.64%), Sugar: 12.25g (13.61%), Cholesterol: 70.31mg (23.44%), Sodium: 833.55mg (36.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.05mg (40.32%), Vitamin B3: 7.51mg (37.54%), Potassium: 1228.85mg (35.11%), Selenium: 24.2µg (34.57%), Vitamin B6: 0.57mg (28.63%), Phosphorus: 270.67mg (27.07%), Vitamin C: 19.2mg (23.27%), Iron: 3.58mg (19.88%), Vitamin B2: 0.2mg (12.05%), Vitamin A: 583.43IU (11.67%), Magnesium: 46.55mg (11.64%), Manganese: 0.22mg (10.86%), Copper: 0.17mg (8.7%), Vitamin B5: 0.73mg (7.28%), Vitamin B1: 0.11mg (7.27%), Fiber: 1.64g (6.55%), Vitamin E: 0.82mg (5.49%), Vitamin K: 5.1µg (4.86%), Calcium: 31.96mg (3.2%), Folate: 5.67µg (1.42%)