



Spicy Potato Soup II



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



5

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

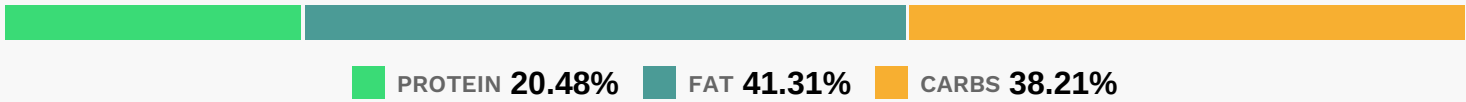
- ☐ 24 ounce tomato sauce canned
- ☐ 1 pound ground beef
- ☐ 1.5 teaspoons ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 4 cups potatoes cubed
- ☐ 2 teaspoons salt
- ☐ 4 cups water

Equipment

Directions

- ☐
- Brown beef and onion, drain.
- ☐
- Add water, pepper, potatoes, tomato sauce, salt, and Tabasco sauce. Bring to boil. Reduce heat to medium and simmer one hour or until potatoes are tender and soup is thick.

Nutrition Facts



Properties

Glycemic Index:37.55, Glycemic Load:24.35, Inflammation Score:-7, Nutrition Score:22.160434624423%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 402.79kcal (20.14%), Fat: 18.75g (28.84%), Saturated Fat: 7.08g (44.24%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 32.76g (11.91%), Sugar: 7.1g (7.88%), Cholesterol: 64.41mg (21.47%), Sodium: 1667.1mg (72.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Vitamin C: 44.55mg (54%), Vitamin B6: 0.95mg (47.54%), Potassium: 1397.23mg (39.92%), Vitamin B3: 6.99mg (34.94%), Vitamin B12: 1.94µg (32.36%), Zinc: 4.64mg (30.97%), Phosphorus: 283.21mg (28.32%), Manganese: 0.52mg (25.96%), Fiber: 6.26g (25.06%), Iron: 4.49mg (24.95%), Copper: 0.44mg (22.05%), Selenium: 15.07µg (21.53%), Magnesium: 79.64mg (19.91%), Vitamin B2: 0.28mg (16.7%), Vitamin E: 2.36mg (15.73%), Vitamin B1: 0.22mg (14.47%), Vitamin B5: 1.41mg (14.09%), Folate: 49.78µg (12.45%), Vitamin A: 596.95IU (11.94%), Vitamin K: 9.71µg (9.25%), Calcium: 69.54mg (6.95%)