



HEALTH SCORE

62%

Steak and Kale Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon onion dried minced to taste
- ☐ 1 pinch garlic powder to taste
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 1 cup kale chopped
- ☐ 4 ounce rump steak diced lean
- ☐ 12 fluid ounce vegetable juice canned (such as V8®)

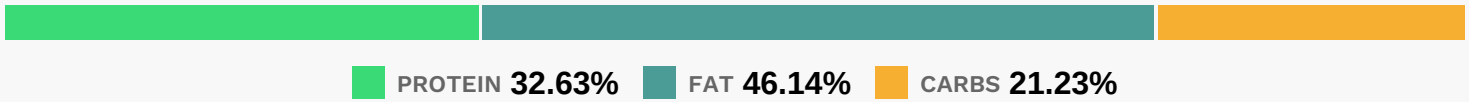
Equipment

- ☐ sauce pan

Directions

- ☐ Mix vegetable juice, sirloin steak, kale, dried onion, garlic powder, salt and black pepper in a saucepan. Bring to a boil, remove from heat, and let stand until the kale is softened, about 5 minutes.
- ☐ Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:25.892608764379%

Flavonoids

Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 342.79kcal (17.14%), Fat: 17.13g (26.36%), Saturated Fat: 6.86g (42.85%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 13.78g (5.01%), Sugar: 12.77g (14.19%), Cholesterol: 63.5mg (21.17%), Sodium: 686.84mg (29.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.53%), Vitamin C: 126.5mg (153.33%), Vitamin A: 5019.22IU (100.38%), Vitamin K: 82.16µg (78.25%), Vitamin B12: 3.15µg (52.54%), Potassium: 1150.82mg (32.88%), Selenium: 19.05µg (27.22%), Zinc: 3.85mg (25.68%), Vitamin B6: 0.5mg (25.16%), Vitamin B3: 4.39mg (21.95%), Phosphorus: 216.9mg (21.69%), Iron: 3.73mg (20.74%), Vitamin B2: 0.28mg (16.46%), Fiber: 3.96g (15.84%), Calcium: 123.77mg (12.38%), Manganese: 0.2mg (10.05%), Vitamin B1: 0.15mg (10%), Magnesium: 32.12mg (8.03%), Folate: 23.98µg (5.99%), Copper: 0.11mg (5.64%), Vitamin B5: 0.41mg (4.07%)