



Stuffed Pepper Soup I

 **Gluten Free**  **Dairy Free**  **Popular**  **Low Fod Map**

READY IN



45 min.

SERVINGS



10

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cubes beef bouillon cubes
- 0.3 cup brown sugar packed
- 29 ounce tomato sauce canned
- 29 ounce canned tomatoes diced canned
- 2 cups rice white cooked
- 1 bell pepper green chopped
- 2 pounds ground beef
- 1 teaspoon ground pepper black

- 2 teaspoons salt
- 1 tablespoon soya sauce

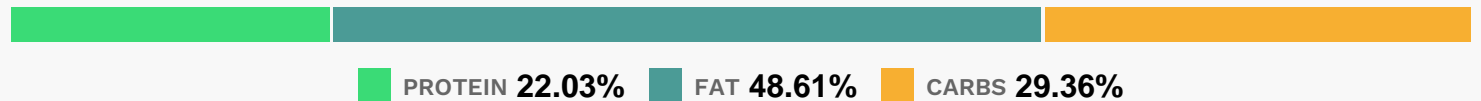
Equipment

- dutch oven

Directions

- In a Dutch oven brown beef over medium high heat.
- Drain off any fat.
- Add the peppers to the browned meat and saute for 3 minutes.
- Stir in the tomato sauce, diced tomatoes with juice, bouillon cubes, brown sugar, salt, pepper and soy sauce. Reduce heat to low, cover and simmer for 30 to 45 minutes. Stir in rice and heat through.

Nutrition Facts



Properties

Glycemic Index:24.9, Glycemic Load:12.73, Inflammation Score:-6, Nutrition Score:16.835652315098%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 342.75kcal (17.14%), Fat: 18.75g (28.84%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 22.28g (8.1%), Sugar: 12.24g (13.6%), Cholesterol: 64.42mg (21.47%), Sodium: 1174.89mg (51.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.23%), Vitamin B12: 1.94µg (32.39%), Vitamin B3: 5.92mg (29.62%), Zinc: 4.38mg (29.19%), Vitamin B6: 0.56mg (27.99%), Vitamin C: 22.89mg (27.74%), Selenium: 17.11µg (24.44%), Manganese: 0.45mg (22.56%), Potassium: 776.58mg (22.19%), Iron: 3.83mg (21.29%), Phosphorus: 211.14mg (21.11%), Vitamin E: 2.64mg (17.61%), Copper: 0.34mg (16.9%), Vitamin B2: 0.24mg (14.2%), Fiber: 3.19g (12.76%), Magnesium: 50.85mg (12.71%), Vitamin A: 577.87IU (11.56%), Vitamin B5: 1.09mg (10.9%), Vitamin K: 9.5µg (9.05%), Vitamin B1: 0.14mg (9.01%), Folate: 27.05µg (6.76%), Calcium: 66.36mg (6.64%)