



Stuffed Pepper Soup III

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups beef broth
- ☐ 8 ounce tomato sauce canned
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 1 cup rice white cooked
- ☐ 0.5 tablespoon thyme leaves dried
- ☐ 0.5 tablespoon cilantro leaves fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 1 pound ground sirloin

- ☐ 1 onion chopped
- ☐ 2 tablespoons parmesan cheese grated for topping
- ☐ 2 potatoes cubed peeled
- ☐ 1 tablespoon romano cheese grated
- ☐ 4 servings salt and pepper to taste

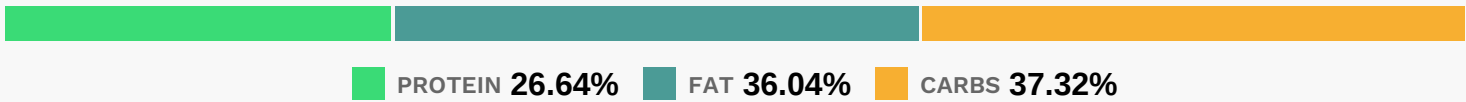
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Brown meat in large stock pot. When meat is nearly cooked through add the onion and green pepper, and let cook for 5 minutes.
- ☐ Add diced tomatoes, tomato sauce, beef broth, cubed potatoes, cilantro and thyme. Season with salt and pepper and let simmer for 30 to 40 minutes.
- ☐ Place 1/4 cup of rice on bottom of individual serving bowls.
- ☐ Pour soup over rice and garnish with grated Parmesan or Romano cheese.

Nutrition Facts



Properties

Glycemic Index:92.94, Glycemic Load:29.54, Inflammation Score:-9, Nutrition Score:30.348695459573%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 485.96kcal (24.3%), Fat: 19.65g (30.23%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 39.11g (14.22%), Sugar: 9.76g (10.84%), Cholesterol: 80.59mg (26.86%), Sodium: 2094.1mg

(91.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Vitamin C: 61.6mg (74.67%), Vitamin B3: 11.51mg (57.55%), Vitamin B6: 1.11mg (55.52%), Vitamin B12: 2.76µg (46.01%), Potassium: 1594.02mg (45.54%), Zinc: 6.27mg (41.81%), Phosphorus: 410.3mg (41.03%), Manganese: 0.78mg (38.96%), Iron: 6.71mg (37.28%), Selenium: 25.96µg (37.08%), Fiber: 6.67g (26.66%), Copper: 0.53mg (26.36%), Vitamin B2: 0.41mg (24.36%), Magnesium: 96.26mg (24.07%), Vitamin K: 22.2µg (21.15%), Vitamin E: 2.85mg (19%), Vitamin B1: 0.28mg (18.66%), Vitamin B5: 1.73mg (17.31%), Calcium: 156.14mg (15.61%), Folate: 61.91µg (15.48%), Vitamin A: 651.25IU (13.03%)