



## Stuffed Pepper Soup IV

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce tomato sauce canned
- 29 ounce canned tomatoes diced canned
- 14 ounce chicken broth canned
- 0.3 teaspoon sage dried
- 0.3 teaspoon thyme leaves dried
- 1 bell pepper green chopped
- 1 pound ground sirloin
- 1 cup onion diced finely

6 servings salt and pepper to taste

1 cup rice white

## Equipment

sauce pan

pot

## Directions

In a large stock pot brown ground meat.

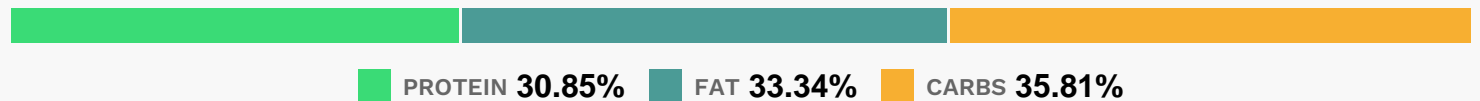
Drain fat and add pepper and onion. Cook until onion is translucent, not letting them brown.

Add tomatoes, tomato sauce, broth, thyme, sage and season with salt and pepper. Cover and simmer for 30 to 45 minutes, until peppers are tender.

In another saucepan boil 2 cups water, and add rice. Cook until rice is tender and then add to soup.

Heat soup through and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.2, Glycemic Load:19.47, Inflammation Score:-7, Nutrition Score:24.201304370942%

## Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

## Nutrients (% of daily need)

Calories: 473.07kcal (23.65%), Fat: 17.56g (27.02%), Saturated Fat: 6.09g (38.04%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 37.56g (13.66%), Sugar: 10.2g (11.33%), Cholesterol: 84.48mg (28.16%), Sodium: 1082.56mg (47.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.11%), Selenium: 30.16µg (43.08%), Vitamin C: 35.51mg (43.04%), Vitamin B3: 8.1mg (40.5%), Zinc: 5.98mg (39.85%), Vitamin B6: 0.79mg (39.48%), Vitamin B12: 2.3µg (38.37%), Manganese: 0.73mg (36.61%), Phosphorus: 340.71mg (34.07%), Potassium:

1045.72mg (29.88%), Iron: 5.33mg (29.59%), Copper: 0.51mg (25.39%), Vitamin E: 3.34mg (22.27%), Fiber: 4.88g (19.5%), Vitamin B2: 0.33mg (19.2%), Magnesium: 76.68mg (19.17%), Vitamin A: 794.31IU (15.89%), Vitamin B5: 1.38mg (13.8%), Vitamin K: 14.14µg (13.47%), Vitamin B1: 0.2mg (13.13%), Folate: 39.69µg (9.92%), Calcium: 94.84mg (9.48%)