



Taco Soup

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.3 oz regular corn undrained canned
- 8 oz tomato sauce canned
- 14.5 oz canned tomatoes whole undrained canned
- 1.5 cups milk cheddar cheese shredded 2% kraft
- 46.5 oz mild chili beans canned
- 1 lb extra-lean ground beef
- 1 onion chopped
- 1 oz taco bellâ® taco seasoning mix

1.5 cups water

Equipment

frying pan

sauce pan

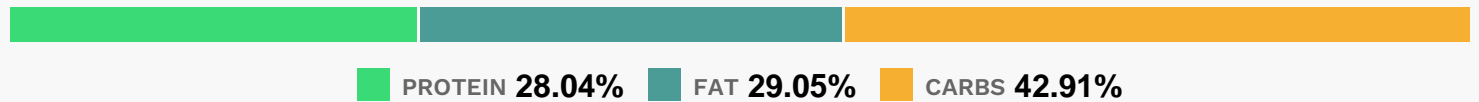
Directions

Brown meat with onions in large saucepan; drain. Return meat mixture to pan.

Add all remaining ingredients except cheese; stir, breaking up tomatoes with spoon. Bring to boil; simmer on medium-low heat 5 min., stirring occasionally.

Top with cheese.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:14.685652206773%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 259.35kcal (12.97%), Fat: 8.38g (12.9%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 22.01g (8%), Sugar: 8.13g (9.04%), Cholesterol: 37.56mg (12.52%), Sodium: 1299.66mg (56.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.41%), Phosphorus: 336.78mg (33.68%), Zinc: 4.84mg (32.28%), Vitamin B6: 0.52mg (26.1%), Fiber: 5.84g (23.36%), Potassium: 808.97mg (23.11%), Iron: 3.73mg (20.73%), Vitamin B2: 0.33mg (19.21%), Copper: 0.37mg (18.74%), Magnesium: 73.08mg (18.27%), Selenium: 12.2µg (17.42%), Vitamin B12: 1.01µg (16.79%), Vitamin B3: 3.18mg (15.92%), Calcium: 154.25mg (15.43%), Folate: 49.36µg (12.34%), Vitamin C: 8.69mg (10.53%), Vitamin A: 498.44IU (9.97%), Vitamin E: 0.95mg (6.33%), Vitamin B1: 0.09mg (6.18%), Manganese: 0.08mg (4.12%), Vitamin B5: 0.41mg (4.11%), Vitamin K: 2.45µg (2.33%)