



Taco Soup

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 oz chilis green chopped canned
- ☐ 0.3 cup corn chips crushed
- ☐ 0.5 cup sauce refrigerated with seasoned ground beef (from 18-oz container)
- ☐ 1 oz monterrey jack cheese shredded
- ☐ 19 oz canned tomatoes hearty canned

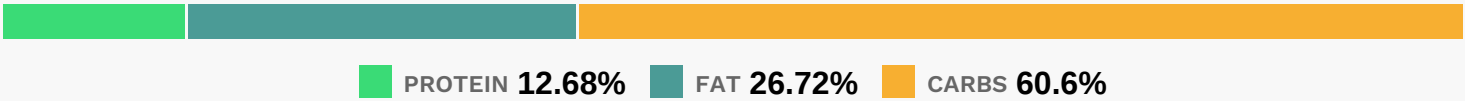
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, mix soup, ground beef and chiles. Cook over medium heat, stirring occasionally, until hot.
- ☐ Top individual servings with cheese and corn chips.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:18.266086840111%

Nutrients (% of daily need)

Calories: 283.9kcal (14.19%), Fat: 8.95g (13.78%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 39.06g (14.21%), Sugar: 25.61g (28.46%), Cholesterol: 12.62mg (4.21%), Sodium: 1460.09mg (63.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin C: 46.59mg (56.48%), Vitamin E: 4.2mg (27.99%), Manganese: 0.54mg (27.11%), Fiber: 6.64g (26.57%), Vitamin B6: 0.51mg (25.5%), Iron: 4.58mg (25.46%), Copper: 0.51mg (25.43%), Potassium: 888.51mg (25.39%), Calcium: 235.46mg (23.55%), Vitamin B3: 3.8mg (18.98%), Folate: 72.89µg (18.22%), Phosphorus: 177.48mg (17.75%), Magnesium: 68.16mg (17.04%), Vitamin A: 768.41IU (15.37%), Vitamin K: 15.32µg (14.59%), Vitamin B1: 0.22mg (14.38%), Vitamin B2: 0.22mg (13.12%), Zinc: 1.35mg (9.01%), Vitamin B5: 0.89mg (8.94%), Selenium: 4.7µg (6.71%), Vitamin B12: 0.12µg (1.96%)