



WHATSheATE



Taco Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer canned
- ☐ 15.5 ounce pinto beans canned
- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 5 6-inch corn tortillas ()
- ☐ 14.5 ounce green beans canned
- ☐ 1 pound ground beef
- ☐ 15 ounce ranch beans undrained canned

- ☐ 1 ounce dressing mix ranch-style
- ☐ 10 servings salt
- ☐ 1.3 ounce taco seasoning
- ☐ 15.3 ounce kernel corn whole canned

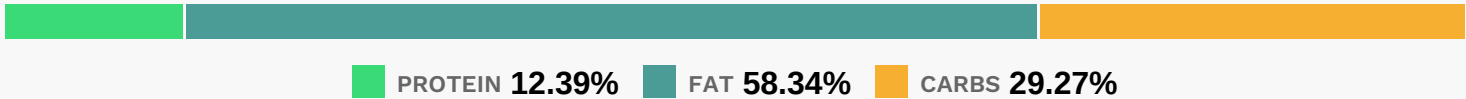
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Brown beef in a stockpot, stirring until it crumbles and is no longer pink; drain. Return beef to pot.
- ☐ Rinse and drain pinto beans, corn, and green beans. Stir pinto beans and next 8 ingredients into beef; bring to a boil. Reduce heat; simmer 30 minutes.
- ☐ Cut tortillas into 1/4-inch strips.
- ☐ Place on a baking sheet; coat with cooking spray.
- ☐ Sprinkle with salt.
- ☐ Bake at 400 for 5 to 8 minutes. Ladle soup into bowls, and top with tortilla strips.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:7.33, Inflammation Score:-7, Nutrition Score:18.032608563485%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg,

Luteolin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 458.57kcal (22.93%), Fat: 29.51g (45.41%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 27.38g (9.95%), Sugar: 7.62g (8.46%), Cholesterol: 43.26mg (14.42%), Sodium: 1395.44mg (60.67%), Alcohol: 1.33g (100%), Alcohol %: 0.5% (100%), Protein: 14.1g (28.2%), Vitamin K: 80.08µg (76.27%), Phosphorus: 292.34mg (29.23%), Fiber: 5.94g (23.74%), Manganese: 0.45mg (22.39%), Vitamin B6: 0.4mg (19.9%), Vitamin B3: 3.92mg (19.58%), Iron: 3.48mg (19.35%), Zinc: 2.8mg (18.64%), Potassium: 644.76mg (18.42%), Vitamin B12: 1.05µg (17.5%), Vitamin C: 14.04mg (17.02%), Vitamin E: 2.45mg (16.36%), Magnesium: 64.67mg (16.17%), Vitamin A: 781.82IU (15.64%), Copper: 0.3mg (14.88%), Selenium: 9.95µg (14.22%), Folate: 53.25µg (13.31%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.15mg (10.33%), Vitamin B5: 0.94mg (9.41%), Calcium: 92.42mg (9.24%)