

Taco Soup I



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 15 ounce kidney beans with liquid canned
- ☐ 8 ounce tomato sauce canned
- ☐ 16 ounce canned tomatoes with juice chopped canned
- ☐ 0.5 pound ground beef lean
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons taco seasoning
- ☐ 1.5 cups water

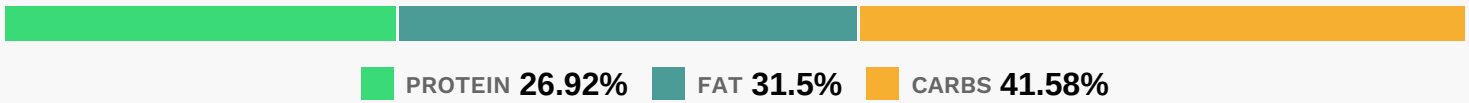
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ In a large saucepan over medium heat, cook ground beef and onion until meat is evenly brown; drain excess fat.
- ☐ Mix in water, tomatoes, kidney beans, tomato sauce, and taco seasoning mix. Cover, and simmer for 15 minutes.
- ☐ Remove from heat, and stir in the avocado.
- ☐ Ladle hot soup into serving bowls. Pass cheese, tortilla chips, and sour cream to top each serving.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:6.09, Inflammation Score:-6, Nutrition Score:15.5004346889%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 200.29kcal (10.01%), Fat: 7.4g (11.39%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 13.7g (4.98%), Sugar: 6.64g (7.38%), Cholesterol: 23.44mg (7.81%), Sodium: 558.15mg (24.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.46%), Fiber: 8.27g (33.1%), Potassium: 821.03mg (23.46%), Vitamin B6: 0.45mg (22.47%), Manganese: 0.44mg (22.25%), Vitamin B3: 4.32mg (21.58%), Phosphorus: 203.72mg (20.37%), Copper: 0.39mg (19.54%), Zinc: 2.88mg (19.22%), Iron: 3.39mg (18.81%), Vitamin C: 14.39mg (17.44%), Folate: 61.95µg (15.49%), Vitamin E: 2.3mg (15.36%), Magnesium: 61.34mg (15.34%), Vitamin K: 15.15µg

(14.42%), Vitamin B12: 0.85µg (14.11%), Vitamin B2: 0.22mg (12.8%), Vitamin B1: 0.18mg (12.13%), Selenium: 8.2µg (11.72%), Vitamin B5: 1.14mg (11.35%), Vitamin A: 453.43IU (9.07%), Calcium: 62.28mg (6.23%)