

Taco Soup III

 Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce tomatoes diced with green chile peppers canned
- 15 ounce kidney beans drained canned
- 15 ounce hominy white drained canned
- 1.5 pounds ground beef lean
- 1 onion chopped
- 1 ounce ranch dressing mix
- 0.3 cup cheddar cheese shredded
- 0.3 cup cup heavy whipping cream sour

1.3 ounce taco seasoning

1.5 cups water

Equipment

bowl

frying pan

ladle

dutch oven

Directions

In a Dutch oven, brown ground beef or turkey with chopped onion, stirring frequently. Once beef is browned drain grease from pan.

Add canned tomatoes, kidney beans, hominy, taco seasoning and ranch salad dressing mix.

Mix well and let simmer over low heat for two hours. (

Add 1 to 2 cups of water if necessary to make soup the desired consistency)

Ladle into soup bowls and garnish with shredded Cheddar cheese and a dollop of sour cream, if desired.

Nutrition Facts



PROTEIN 36.08% **FAT 26.32%** **CARBS 37.6%**

Properties

Glycemic Index:13.25, Glycemic Load:2.94, Inflammation Score:-6, Nutrition Score:15.609130400678%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 262.21kcal (13.11%), Fat: 7.61g (11.71%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 18.54g (6.74%), Sugar: 5.31g (5.9%), Cholesterol: 60.5mg (20.17%), Sodium: 1128.19mg (49.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.47g (46.95%), Zinc: 5.5mg (36.65%), Vitamin B12: 1.96µg (32.63%), Phosphorus: 282.43mg (28.24%), Vitamin B3: 5.48mg (27.41%), Selenium: 18.38µg (26.26%), Vitamin B6: 0.48mg (23.96%), Fiber: 5.92g (23.69%), Iron: 4.04mg (22.47%), Potassium: 602.28mg (17.21%), Vitamin B2: 0.25mg (14.47%), Manganese: 0.27mg (13.69%), Magnesium: 54.45mg (13.61%), Vitamin C: 10.09mg (12.23%), Vitamin A: 579.43IU (11.59%), Copper: 0.22mg (11.17%), Vitamin B1: 0.13mg (8.9%), Calcium: 87.07mg (8.71%), Vitamin B5: 0.84mg (8.36%), Folate: 28.06µg (7.01%), Vitamin E: 0.81mg (5.43%), Vitamin K: 4.84µg (4.61%)