



Taco Soup IV

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



30 min.

SERVINGS



8

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce pinto beans drained and rinsed canned
- 15 ounce tomato sauce canned
- 2 pounds ground beef
- 1 onion chopped
- 1.3 ounce taco seasoning
- 10.8 ounce tomato purée canned
- 1 cup water
- 15 ounce kernel corn whole drained canned

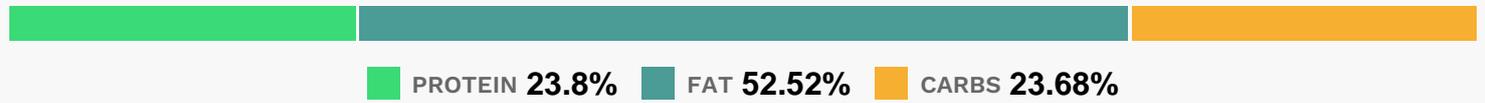
Equipment

pot

Directions

- In a medium stock pot brown beef and onion, about 10 minutes; drain grease if needed.
- Add tomatoes, tomato sauce, water, beans, corn and taco seasoning. Bring to boil, reduce heat and simmer for 5 minutes.
- Top with cheese, corn chips, sour cream and olives.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:4.51, Inflammation Score:-7, Nutrition Score:17.606087073036%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 409.73kcal (20.49%), Fat: 24.02g (36.95%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 19.33g (7.03%), Sugar: 5.52g (6.14%), Cholesterol: 80.51mg (26.84%), Sodium: 966.73mg (42.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.98%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.43mg (36.22%), Vitamin B3: 6.36mg (31.79%), Phosphorus: 280.4mg (28.04%), Vitamin B6: 0.53mg (26.57%), Selenium: 17.63µg (25.18%), Iron: 4.43mg (24.62%), Potassium: 804.11mg (22.97%), Fiber: 5.03g (20.13%), Manganese: 0.35mg (17.72%), Copper: 0.31mg (15.63%), Magnesium: 59.93mg (14.98%), Vitamin A: 727.88IU (14.56%), Vitamin B2: 0.24mg (14.26%), Vitamin C: 11.51mg (13.95%), Vitamin E: 2.01mg (13.42%), Folate: 48.46µg (12.11%), Vitamin B5: 0.93mg (9.29%), Vitamin B1: 0.13mg (8.8%), Calcium: 70.9mg (7.09%), Vitamin K: 6.72µg (6.4%)