

Taco Soup V



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced canned
- ☐ 30 ounce kidney beans canned
- ☐ 30 ounce pinto beans canned
- ☐ 1 bell pepper green chopped
- ☐ 0.8 pound ground beef lean
- ☐ 1 onion diced finely
- ☐ 1 ounce ranch dressing mix
- ☐ 1.3 ounce taco seasoning

- ☐ 6 ounces tomato sauce
- ☐ 1 teaspoon vegetable oil

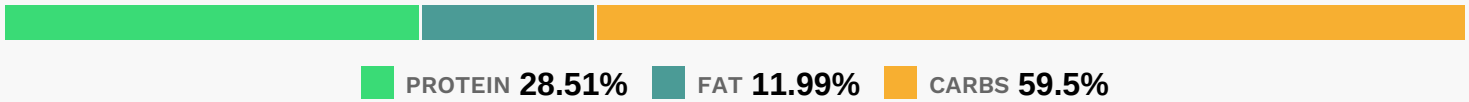
Equipment

- ☐ pot

Directions

- ☐ In a medium sized stock pot, brown ground beef in oil.
- ☐ Add undrained pinto beans, undrained kidney beans, diced tomatoes, tomato sauce, onion, green bell pepper, taco seasoning mix and ranch salad dressing mix. Bring to a boil and then simmer for 10 to 15 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:11.02, Inflammation Score:-7, Nutrition Score:20.471738992826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 285.74kcal (14.29%), Fat: 3.9g (6%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 30.39g (11.05%), Sugar: 8.02g (8.92%), Cholesterol: 26.37mg (8.79%), Sodium: 1457.03mg (63.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.76%), Fiber: 13.19g (52.76%), Manganese: 0.79mg (39.47%), Vitamin C: 27.61mg (33.47%), Phosphorus: 326.92mg (32.69%), Iron: 5.48mg (30.46%), Potassium: 1019.42mg (29.13%), Vitamin B6: 0.52mg (25.76%), Zinc: 3.65mg (24.35%), Copper: 0.47mg (23.59%), Magnesium: 93.69mg (23.42%), Vitamin B3: 4.18mg (20.88%), Folate: 69.52µg (17.38%), Vitamin B1: 0.25mg (16.77%), Vitamin B12: 0.95µg (15.88%), Vitamin B2: 0.23mg (13.82%), Vitamin A: 683.16IU (13.66%), Selenium: 8.87µg (12.67%), Calcium: 124.11mg (12.41%), Vitamin E: 1.86mg (12.37%), Vitamin K: 12.48µg (11.89%), Vitamin B5: 0.77mg (7.74%)