



Taco Soup VII

 Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce kidney beans with liquid canned
- 8 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced with juice canned
- 1 ounce onion soup mix dry
- 1.5 pounds ground beef
- 15 ounce kernel corn whole drained canned

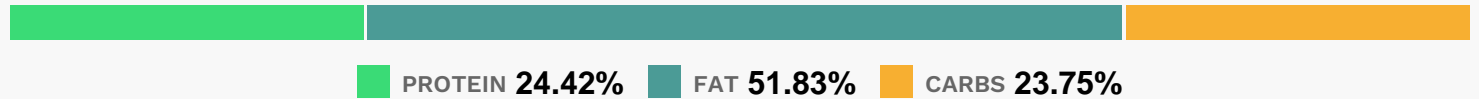
Equipment

- pot

Directions

- In a large pot over medium high heat, saute the ground beef for 5 to 10 minutes, or until browned.
- Drain the grease, and add the taco seasoning, tomato sauce, diced tomatoes, corn and kidney beans.
- Mix well, reduce heat to low and let simmer for 1 to 2 hours to allow the flavors to mesh.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:4.16, Inflammation Score:-5, Nutrition Score:15.912173944971%

Nutrients (% of daily need)

Calories: 420.8kcal (21.04%), Fat: 24.08g (37.04%), Saturated Fat: 8.93g (55.8%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 20.18g (7.34%), Sugar: 2.88g (3.2%), Cholesterol: 80.51mg (26.84%), Sodium: 931.57mg (40.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.51mg (36.76%), Vitamin B3: 6.14mg (30.7%), Phosphorus: 303.53mg (30.35%), Selenium: 18.25µg (26.07%), Vitamin B6: 0.49mg (24.38%), Potassium: 718.99mg (20.54%), Iron: 3.66mg (20.35%), Fiber: 4.64g (18.54%), Manganese: 0.33mg (16.46%), Vitamin B2: 0.26mg (15.5%), Magnesium: 56.84mg (14.21%), Copper: 0.26mg (12.77%), Folate: 50.32µg (12.58%), Vitamin B1: 0.16mg (10.45%), Vitamin B5: 0.82mg (8.19%), Vitamin E: 1.03mg (6.86%), Vitamin K: 6.07µg (5.78%), Vitamin C: 4.58mg (5.55%), Calcium: 54.43mg (5.44%), Vitamin A: 164.38IU (3.29%)