



Taco Soup VIII

 Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



924 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce kidney beans drained canned
- 15 ounce tomato sauce canned
- 6 cups tortilla chips
- 0.5 cup green onion chopped
- 1 pound ground beef lean
- 1 small onion chopped
- 1 cup cheddar cheese shredded
- 1 ounce taco seasoning

15 ounce kernel corn whole drained canned

Equipment

bowl

frying pan

slow cooker

Directions

In a skillet over medium heat, cook beef and onion until beef is browned; drain.

Place beef mixture in slow cooker with taco seasoning, tomato sauce, corn, and beans.

Cover, and cook on Low 2 hours. To serve, put a handful of corn chips in each bowl, and top with soup, cheese, and green onions.

Nutrition Facts



PROTEIN 16.44% **FAT 34.08%** **CARBS 49.48%**

Properties

Glycemic Index:30.5, Glycemic Load:8.73, Inflammation Score:-9, Nutrition Score:32.364782530329%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 923.7kcal (46.18%), Fat: 35.75g (55%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 116.8g (38.93%), Net Carbohydrates: 100.71g (36.62%), Sugar: 7.68g (8.53%), Cholesterol: 65.7mg (21.9%), Sodium: 1747.61mg (75.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.63%), Phosphorus: 699.61mg (69.96%), Fiber: 16.09g (64.36%), Zinc: 7.41mg (49.41%), Vitamin K: 49.81µg (47.43%), Magnesium: 182.1mg (45.53%), Iron: 6.65mg (36.96%), Vitamin E: 5.51mg (36.73%), Selenium: 25.64µg (36.62%), Vitamin B6: 0.72mg (35.86%), Vitamin B3: 7.14mg (35.7%), Potassium: 1186.66mg (33.9%), Calcium: 322.99mg (32.3%), Vitamin B12: 1.89µg (31.55%), Manganese: 0.57mg (28.29%), Vitamin B2: 0.45mg (26.28%), Vitamin B1: 0.39mg (25.69%), Copper: 0.5mg (24.96%), Vitamin B5: 2.35mg (23.5%), Folate: 92.87µg (23.22%), Vitamin A: 1025.61IU (20.51%), Vitamin C: 11.86mg (14.37%), Vitamin D: 0.19µg (1.26%)