



WHATSheATE



Tami's Taco Soup



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans drained and rinsed canned
- ☐ 15.8 oz cannellini beans drained and rinsed canned
- ☐ 8 servings garnish: cheddar cheese shredded
- ☐ 32 oz carton chicken broth
- ☐ 1 pound pd of ground turkey drained
- ☐ 15.3 oz hominy white drained canned
- ☐ 15.3 oz hominy yellow drained canned
- ☐ 28 oz canned tomatoes diced with green chiles canned

- ☐ 1 oz ranch salad dressing mix
- ☐ 1.3 oz taco seasoning

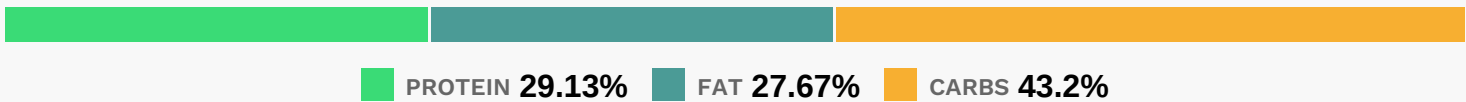
Equipment

- ☐ slow cooker

Directions

- ☐ Combine all ingredients except cheese in a slow cooker. Cover and cook on low setting for 4 to 5 hours.
- ☐ To serve, top with cheese and Tortilla Strips.
- ☐ Tortilla Strips: 3 corn tortillas, sliced into strips oil for frying Fry strips in oil until crisp; drain.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:22.250000269517%

Nutrients (% of daily need)

Calories: 417.77kcal (20.89%), Fat: 13g (19.99%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 34.71g (12.62%), Sugar: 5.75g (6.38%), Cholesterol: 63.45mg (21.15%), Sodium: 1858.14mg (80.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.57%), Phosphorus: 460.88mg (46.09%), Fiber: 10.94g (43.75%), Selenium: 27.8µg (39.72%), Vitamin B6: 0.71mg (35.54%), Vitamin B3: 7.1mg (35.49%), Calcium: 308.18mg (30.82%), Manganese: 0.56mg (28.15%), Zinc: 4.1mg (27.35%), Magnesium: 101.04mg (25.26%), Vitamin B2: 0.42mg (24.54%), Folate: 97.63µg (24.41%), Iron: 4.38mg (24.36%), Potassium: 767.29mg (21.92%), Vitamin B1: 0.27mg (18%), Copper: 0.35mg (17.62%), Vitamin A: 851.88IU (17.04%), Vitamin C: 13.38mg (16.22%), Vitamin B5: 1.17mg (11.7%), Vitamin B12: 0.63µg (10.5%), Vitamin E: 1.04mg (6.93%), Vitamin K: 3.81µg (3.63%), Vitamin D: 0.41µg (2.71%)