






 **28%**
HEALTH SCORE

Tangy & Savory Mexican Soup

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe
- 2 carrots
- 8 servings cilantro leaves chopped
- 6 garlic clove mashed
- 2 pounds ground beef
- 0.5 cup juice of lime (depends on how much tang you want)
- 8 servings oregano dried fresh
- 2 bell pepper sweet green red

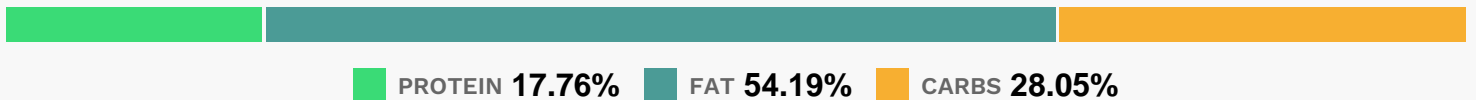
- 2 bell pepper sweet green red
- 0.5 teaspoon pepper red
- 1 large onion red chopped
- 8 servings salt and pepper
- 8 servings cream sour
- 1 cup tomato paste
- 8 servings tortilla chips
- 2 quarts water
- 1 large onion yellow chopped
- 3 zucchini washed
- 8 servings frangelico
- 8 servings frangelico

Equipment

Directions

- Lightly brown beef or chicken, make sure there is still some pink. If you brown it too much it will taste "dry" in the soup. Bring stock to a boil with tomato paste/sauce. Stir in meat, garlic, chili flakes, zucchini, carrots, onions & bell peppers. Simmer for about 15–30 minutes or till veggies are tender, but still slightly crunchy.
- Add in lime juice and season to taste with oregano, rosemary, thyme, sea salt & pepper.
- Serve with garnishes.

Nutrition Facts



Properties

Glycemic Index:41.48, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:32.974782608696%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 568.38kcal (28.42%), Fat: 35.22g (54.18%), Saturated Fat: 11.4g (71.28%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 32.94g (11.98%), Sugar: 11.55g (12.83%), Cholesterol: 87.59mg (29.2%), Sodium: 660.75mg (28.73%), Protein: 25.96g (51.92%), Vitamin C: 107.7mg (130.55%), Vitamin A: 5238.56IU (104.77%), Vitamin B6: 0.96mg (47.82%), Vitamin B12: 2.45µg (40.87%), Zinc: 6.1mg (40.69%), Vitamin B3: 7.68mg (38.42%), Potassium: 1282.02mg (36.63%), Phosphorus: 357.16mg (35.72%), Fiber: 8.08g (32.32%), Vitamin E: 4.83mg (32.2%), Vitamin K: 32.09µg (30.56%), Selenium: 21.31µg (30.45%), Iron: 4.83mg (26.86%), Vitamin B2: 0.44mg (25.82%), Manganese: 0.5mg (25.05%), Magnesium: 97.54mg (24.39%), Folate: 94.43µg (23.61%), Copper: 0.39mg (19.55%), Vitamin B5: 1.8mg (18%), Vitamin B1: 0.23mg (15.17%), Calcium: 135.31mg (13.53%)