

Two by Four Stew

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce beans ranch-style canned
- 29 ounce tomatoes diced canned
- 38 ounce minestrone soup canned
- 2 pounds ground beef

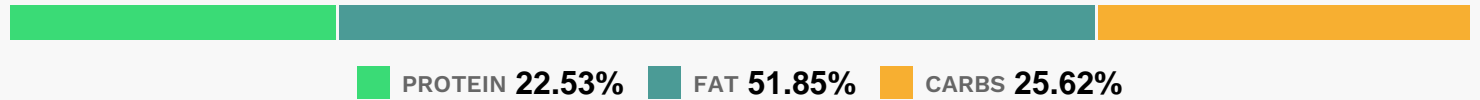
Equipment

- sauce pan

Directions

- Place beef in a large saucepan over medium–high heat. Cook, stirring occasionally until evenly brown and crumbled.
- Drain excess grease. Reduce heat to medium, and stir in the diced tomatoes, ranch–style beans and minestrone soup. Stir occasionally until heated through.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:5.27, Inflammation Score:-6, Nutrition Score:19.384347884551%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 500.69kcal (25.03%), Fat: 28.62g (44.03%), Saturated Fat: 10.97g (68.56%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 24.08g (8.76%), Sugar: 6.58g (7.31%), Cholesterol: 85.9mg (28.63%), Sodium: 1200.71mg (52.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Vitamin B12: 2.43µg (40.45%), Potassium: 1384.45mg (39.56%), Zinc: 5.54mg (36.95%), Phosphorus: 311.38mg (31.14%), Fiber: 7.74g (30.96%), Vitamin B3: 6.05mg (30.25%), Vitamin B6: 0.57mg (28.27%), Selenium: 18.28µg (26.12%), Iron: 4.53mg (25.14%), Manganese: 0.4mg (19.99%), Vitamin B2: 0.3mg (17.39%), Magnesium: 62.48mg (15.62%), Copper: 0.3mg (14.82%), Vitamin B1: 0.21mg (13.85%), Vitamin A: 662.92IU (13.26%), Vitamin C: 10.41mg (12.62%), Calcium: 126.19mg (12.62%), Folate: 43.8µg (10.95%), Vitamin K: 9.38µg (8.93%), Vitamin B5: 0.83mg (8.29%), Vitamin E: 1.18mg (7.9%)