



Unstuffed Green Pepper Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 28 oz canned tomatoes diced canned
- ☐ 2 cups pasilla peppers diced green
- ☐ 2 pounds ground beef
- ☐ 4 oz mushroom pieces drained canned
- ☐ 1 cup onion diced
- ☐ 21.5 oz all natural tomato soup canned

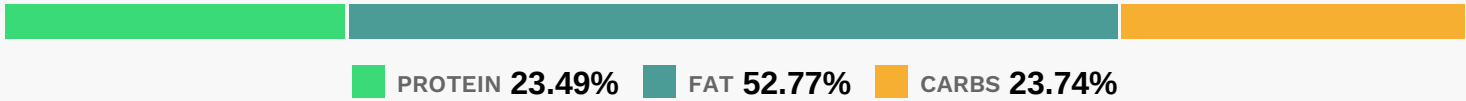
Equipment

☐ pot

Directions

- ☐ In a stockpot over medium heat, brown ground beef; drain. Stir in soup, vegetables and brown sugar.
- ☐ Add desired amount of beef broth. Simmer, covered, until peppers and onion are tender, about 30 minutes.
- ☐ Stir in rice about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:22.041304647923%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 388.86kcal (19.44%), Fat: 23.3g (35.85%), Saturated Fat: 8.81g (55.05%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 19.14g (6.96%), Sugar: 16.41g (18.23%), Cholesterol: 80.51mg (26.84%), Sodium: 312.07mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.67%), Vitamin C: 47.86mg (58.02%), Vitamin B12: 2.43µg (40.54%), Vitamin B3: 7.66mg (38.29%), Vitamin B6: 0.75mg (37.72%), Zinc: 5.37mg (35.81%), Selenium: 19.56µg (27.95%), Potassium: 968.74mg (27.68%), Iron: 4.77mg (26.49%), Phosphorus: 261.02mg (26.1%), Copper: 0.47mg (23.54%), Manganese: 0.41mg (20.73%), Vitamin B2: 0.33mg (19.52%), Vitamin E: 2.8mg (18.67%), Fiber: 4.45g (17.79%), Magnesium: 61.98mg (15.49%), Vitamin B1: 0.22mg (14.82%), Vitamin K: 14.17µg (13.5%), Vitamin B5: 1.34mg (13.4%), Vitamin A: 515.36IU (10.31%), Folate: 40.74µg (10.19%), Calcium: 94.51mg (9.45%)