



 **97%**
HEALTH SCORE

Unstuffed Pepper Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce beef broth canned
- 28 ounce canned tomatoes crushed canned
- 20 ounce condensed tomato soup canned
- 3 large bell peppers green chopped
- 1.5 pounds ground beef lean
- 4 ounce mushroom pieces drained canned
- 1 large onion chopped
- 3 cups water

1.5 cups rice white uncooked

Equipment

frying pan

sauce pan

pot

Directions

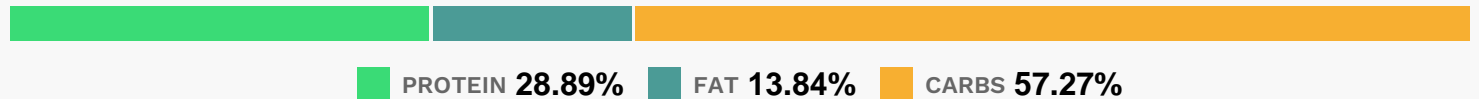
Bring water and rice to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and liquid has been absorbed, 20 to 25 minutes.

Heat a large pot over medium-high heat. Cook and stir beef, bell peppers, and onion in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.

Pour broth and tomato soup into the pot; add crushed tomatoes and mushroom pieces. Bring the soup to a boil, reduce heat to medium-low, cover the pot, and simmer the soup, stirring occasionally, until the vegetables are tender, 30 to 40 minutes.

Stir rice into the soup, breaking clumps into individual grains; cook until the rice is hot, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:204.69, Glycemic Load:184.38, Inflammation Score:-10, Nutrition Score:88.381739284681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 23.2mg, Luteolin: 23.2mg, Luteolin: 23.2mg, Luteolin: 23.2mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 42.12mg, Quercetin: 42.12mg, Quercetin: 42.12mg, Quercetin: 42.12mg

Nutrients (% of daily need)

Calories: 2812.15kcal (140.61%), Fat: 43.69g (67.21%), Saturated Fat: 18.06g (112.85%), Carbohydrates: 406.88g (135.63%), Net Carbohydrates: 369.9g (134.51%), Sugar: 102.34g (113.71%), Cholesterol: 421.84mg (140.61%), Sodium:

6663.09mg (289.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 205.19g (410.37%), Vitamin C: 555.22mg (672.99%), Vitamin B3: 69.21mg (346.03%), Vitamin B6: 6.28mg (314%), Manganese: 6.25mg (312.44%), Potassium: 10054.8mg (287.28%), Selenium: 198.92µg (284.16%), Zinc: 42.38mg (282.5%), Vitamin B12: 15.84µg (264.03%), Phosphorus: 2438.69mg (243.87%), Iron: 35.98mg (199.9%), Copper: 3.73mg (186.4%), Vitamin B2: 2.53mg (148.83%), Fiber: 36.97g (147.9%), Magnesium: 554.58mg (138.64%), Vitamin B5: 11.92mg (119.17%), Vitamin B1: 1.76mg (117.59%), Vitamin A: 5752.64IU (115.05%), Vitamin E: 15.92mg (106.15%), Vitamin K: 99.54µg (94.8%), Folate: 272.27µg (68.07%), Calcium: 638.55mg (63.86%), Vitamin D: 0.91µg (6.05%)