



## Vegetable-Beef-Barley Soup

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 lb ground beef 90% (at least )
- 14.5 oz canned tomatoes undrained canned
- 14 oz beef broth canned
- 8 oz tomato sauce canned
- 1 cup savory vegetable mixed frozen (from 1-lb bag)
- 0.3 cup quick-cooking barley uncooked

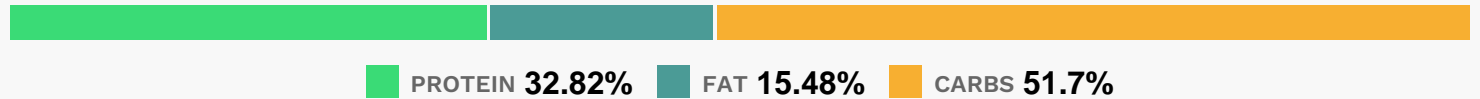
### Equipment

- sauce pan

## Directions

- In 3-quart saucepan, cook ground beef over medium-high heat, stirring frequently, until thoroughly cooked; drain.
- Stir in remaining ingredients.
- Heat to boiling. Reduce heat to medium; cover and cook 10 to 15 minutes, stirring occasionally, until vegetables and barley are tender.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:5.01, Inflammation Score:-9, Nutrition Score:19.965652294781%

## Nutrients (% of daily need)

Calories: 218.9kcal (10.95%), Fat: 3.94g (6.06%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 22.4g (8.14%), Sugar: 6.67g (7.42%), Cholesterol: 35.15mg (11.72%), Sodium: 833.82mg (36.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.61%), Vitamin A: 2780.61IU (55.61%), Vitamin B3: 7.04mg (35.22%), Manganese: 0.6mg (29.78%), Fiber: 7.22g (28.89%), Vitamin B6: 0.53mg (26.45%), Selenium: 17.98µg (25.69%), Zinc: 3.85mg (25.65%), Potassium: 862.39mg (24.64%), Phosphorus: 237.04mg (23.7%), Iron: 4.25mg (23.6%), Vitamin B12: 1.34µg (22.33%), Vitamin C: 18.16mg (22.01%), Copper: 0.41mg (20.46%), Magnesium: 67.6mg (16.9%), Vitamin B2: 0.26mg (15.3%), Vitamin E: 2.26mg (15.09%), Vitamin B1: 0.2mg (13.55%), Folate: 40.31µg (10.08%), Vitamin B5: 0.97mg (9.66%), Vitamin K: 7.57µg (7.21%), Calcium: 70.14mg (7.01%)