



Vegetable Beef Soup II

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 cubes beef bouillon cubes
- 2 carrots chopped
- 2 stalks celery chopped
- 0.3 teaspoon basil dried
- 0.3 teaspoon thyme leaves dried
- 1.5 pounds ground sirloin
- 1 cup onion chopped

- 1 baking potatoes chopped
- 1 tablespoon salt
- 29 ounce stewed tomatoes canned
- 5 cups water

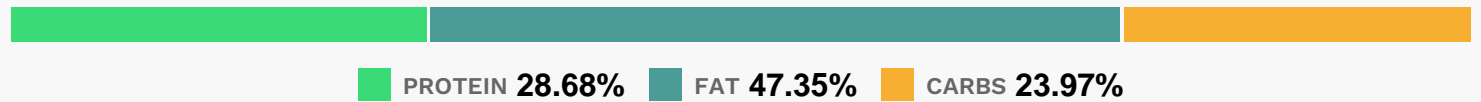
Equipment

- pot

Directions

- In a large stock pot brown sirloin and onion.
- Drain grease and add tomatoes, water, salt, beef bouillon, carrots, celery, potatoes, thyme, bay leaf and basil. Cover and cook until vegetables are tender, approximately 45 minutes.

Nutrition Facts



Properties

Glycemic Index:23.82, Glycemic Load:4.72, Inflammation Score:-9, Nutrition Score:15.537391177986%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 246.88kcal (12.34%), Fat: 13.06g (20.1%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 12.56g (4.57%), Sugar: 5.52g (6.14%), Cholesterol: 57.84mg (19.28%), Sodium: 1243.39mg (54.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.6%), Vitamin A: 2772.19IU (55.44%), Vitamin B12: 1.85µg (30.8%), Zinc: 4.17mg (27.79%), Vitamin B3: 5.18mg (25.9%), Vitamin B6: 0.46mg (22.87%), Selenium: 14.39µg (20.56%), Iron: 3.57mg (19.81%), Phosphorus: 194.89mg (19.49%), Potassium: 680.98mg (19.46%), Vitamin C: 12.35mg (14.97%), Copper: 0.24mg (12.15%), Vitamin B2: 0.2mg (11.48%), Magnesium: 40.63mg (10.16%), Vitamin K: 10.15µg (9.66%), Fiber: 2.33g (9.31%), Manganese: 0.18mg (8.93%), Vitamin E: 1.31mg (8.72%), Vitamin B1: 0.13mg (8.46%), Vitamin B5: 0.76mg (7.56%), Calcium: 71.31mg (7.13%), Folate: 24.55µg (6.14%)