



## 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

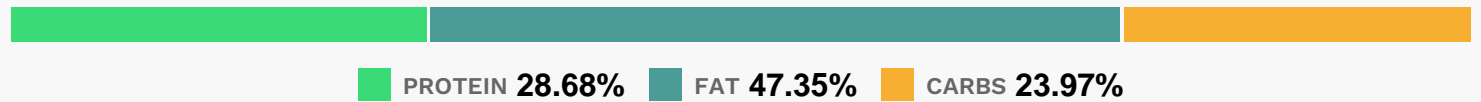
## Equipment

- 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%)