



HEALTH SCORE

59%

Vegetable Beef Soup III



Gluten Free



Dairy Free



Very Healthy

READY IN



180 min.

SERVINGS



10

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cubes beef bouillon from cube crumbled
- ☐ 3 pounds beef stew meat cubed
- ☐ 4 carrots cut into 2 inch pieces
- ☐ 1 cup celery chopped
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 cup onion chopped
- ☐ 4 potatoes cubed peeled
- ☐ 1 tablespoon salt

- ☐ 11.5 ounce tomato-vegetable juice cocktail canned
- ☐ 6 cups water
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 tablespoon lard
- ☐ 1 tablespoon lard

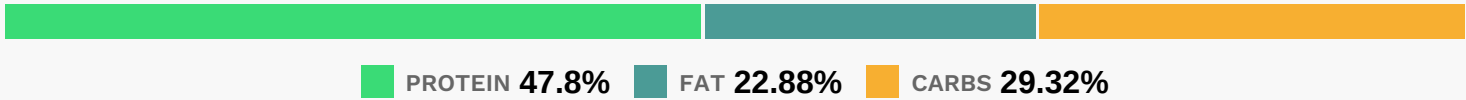
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium heat, melt lard. Cook beef in fat until brown on all sides; drain.
- ☐ Pour in water and tomato-vegetable juice cocktail. Stir in onion, Worcestershire, chili powder, salt and bouillon. Bring to a boil, then reduce heat, cover and simmer 2 hours.
- ☐ Stir in carrots, celery and potatoes and cook 20 to 40 minutes more, until vegetables have reached the desired tenderness.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:12.27, Inflammation Score:-10, Nutrition Score:25.357391481814%

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: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 277.78kcal (13.89%), Fat: 6.94g (10.67%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17g (6.18%), Sugar: 3.63g (4.03%), Cholesterol: 84.37mg (28.12%), Sodium: 840.45mg (36.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.21%), Vitamin A: 4286.35IU (85.73%), Vitamin B6: 1.23mg (61.4%), Selenium: 38.18µg (54.54%), Vitamin B3: 10.62mg (53.09%), Vitamin B12: 2.52µg (41.97%), Zinc:

6.06mg (40.42%), Phosphorus: 361.56mg (36.16%), Vitamin C: 25.32mg (30.69%), Potassium: 1028.55mg (29.39%), Iron: 3.82mg (21.25%), Vitamin B2: 0.28mg (16.47%), Magnesium: 62.43mg (15.61%), Vitamin B1: 0.23mg (15.55%), Copper: 0.29mg (14.5%), Fiber: 3g (12.01%), Folate: 47.8µg (11.95%), Manganese: 0.23mg (11.53%), Vitamin B5: 1.03mg (10.29%), Vitamin K: 10.28µg (9.79%), Calcium: 59.99mg (6%), Vitamin E: 0.73mg (4.88%)