



## Zucchini Stew

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**506 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 29 ounce tomatoes diced peeled canned
- 3 pounds ground beef
- 1 onion chopped
- 10 servings salt and pepper to taste
- 2 cups rice white uncooked
- 2 zucchini diced

## Equipment

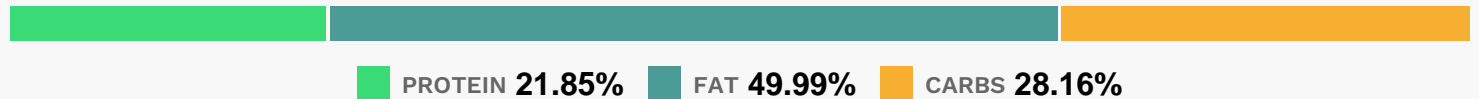
- frying pan

pot

## Directions

- In a large pot, combine zucchini and onion. Cover with 3 inches of water. Bring to a boil over medium heat. Stir in tomatoes and rice; reduce heat and simmer.
- In a large skillet, cook beef over medium heat until brown. Stir into soup, adding more water if necessary. Season with salt and pepper, and simmer 20 minutes more, until rice is tender.

## Nutrition Facts



## Properties

Glycemic Index:10.32, Glycemic Load:18.16, Inflammation Score:-4, Nutrition Score:18.269130403581%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

## Nutrients (% of daily need)

Calories: 505.73kcal (25.29%), Fat: 27.7g (42.62%), Saturated Fat: 10.56g (66%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 33.23g (12.09%), Sugar: 3.45g (3.83%), Cholesterol: 96.62mg (32.21%), Sodium: 407.95mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.48%), Vitamin B12: 2.91µg (48.53%), Zinc: 6.35mg (42.34%), Selenium: 26.21µg (37.45%), Vitamin B3: 7.12mg (35.59%), Vitamin B6: 0.67mg (33.43%), Phosphorus: 291.26mg (29.13%), Manganese: 0.56mg (28.18%), Iron: 3.9mg (21.68%), Potassium: 682.93mg (19.51%), Vitamin C: 15.48mg (18.76%), Vitamin B2: 0.3mg (17.92%), Vitamin B5: 1.25mg (12.49%), Magnesium: 49.59mg (12.4%), Copper: 0.25mg (12.32%), Vitamin B1: 0.14mg (9.61%), Vitamin E: 1.21mg (8.05%), Folate: 30.56µg (7.64%), Fiber: 1.88g (7.53%), Calcium: 69.26mg (6.93%), Vitamin K: 6.6µg (6.29%), Vitamin A: 174.81IU (3.5%)