



Black and Gold Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz black beans rinsed drained canned
- ☐ 2 cups skinned chicken shredded cooked
- ☐ 3.5 cups fat-skimmed chicken broth
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup tomato salsa
- ☐ 24 oz puréed squash yellow frozen

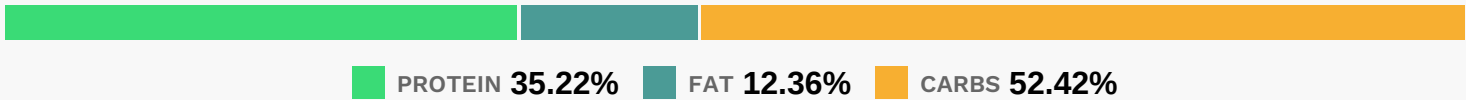
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Combine broth and squash in a 4- to 6-quart pan over high heat. Stir frequently until squash is thawed and mixture boils, 15 to 18 minutes.
- ☐ Stir in beans, chicken, salsa, and tequila and lemon juice to taste; stir often just until hot, 1 to 2 minutes.
- ☐ Ladle into wide bowls.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:38.318695607393%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 429.22kcal (21.46%), Fat: 6.06g (9.33%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 57.86g (19.29%), Net Carbohydrates: 39.16g (14.24%), Sugar: 5.38g (5.98%), Cholesterol: 112.38mg (37.46%), Sodium: 1954.63mg (84.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.88g (77.76%), Vitamin A: 18341.93IU (366.84%), Fiber: 18.7g (74.79%), Vitamin B3: 11.45mg (57.26%), Phosphorus: 540mg (54%), Vitamin C: 43.8mg (53.09%), Selenium: 35.02µg (50.03%), Vitamin B6: 0.99mg (49.68%), Potassium: 1695.95mg (48.46%), Folate: 185.01µg (46.25%), Manganese: 0.92mg (46.06%), Magnesium: 166.8mg (41.7%), Vitamin B1: 0.6mg (40.07%), Iron: 6.61mg (36.73%), Copper: 0.66mg (32.93%), Vitamin B2: 0.55mg (32.52%), Vitamin B5: 2.81mg (28.06%), Zinc: 3.31mg (22.09%), Vitamin E: 3.09mg (20.6%), Vitamin B12: 1.15µg (19.24%), Calcium: 184.65mg (18.47%), Vitamin K: 9.77µg (9.3%)