



## Black Bean and Rice Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



68 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 30 oz black beans divided undrained canned
- 1.5 cups brown rice instant uncooked
- 0.5 cup onions chopped
- 0.7 oz env. seasons dressing mix italian good
- 3 cups water

### Equipment

- sauce pan
- blender

## Directions

- Blend 1-1/2 cans beans in blender until smooth.
- Pour into large saucepan.
- Add remaining beans, water, onions and dressing mix; stir until well blended. Bring to boil on medium-high heat.
- Stir in rice; cover. Simmer on low heat 5 min. or until heated through; stir.

## Nutrition Facts

**PROTEIN 18.51%** **FAT 2.52%** **CARBS 78.97%**

## Properties

Glycemic Index:1.35, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.7065217112717%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 67.57kcal (3.38%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 10.15g (3.69%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 240.29mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Fiber: 3.12g (12.5%), Folate: 44.44µg (11.11%), Manganese: 0.17mg (8.39%), Vitamin B1: 0.12mg (8.07%), Iron: 1.22mg (6.79%), Phosphorus: 54.7mg (5.47%), Copper: 0.1mg (5.02%), Selenium: 2.97µg (4.25%), Magnesium: 16.54mg (4.14%), Potassium: 138.56mg (3.96%), Vitamin B3: 0.72mg (3.6%), Vitamin B2: 0.05mg (3.17%), Zinc: 0.33mg (2.21%), Calcium: 18.29mg (1.83%), Vitamin B6: 0.04mg (1.8%), Vitamin C: 1.44mg (1.75%), Vitamin B5: 0.11mg (1.11%)