



Black Bean and Salsa Noodle Soup

READY IN



20 min.

SERVINGS



6

CALORIES



231 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed drained canned
- 1 teaspoon chili powder
- 0.3 cup cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lime
- 5 oz soup noodles
- 2 tablespoons parmesan shredded
- 0.3 teaspoon pepper
- 16 oz salsa thick

- 42 oz vegetable stock canned
- 11 oz corn whole drained canned

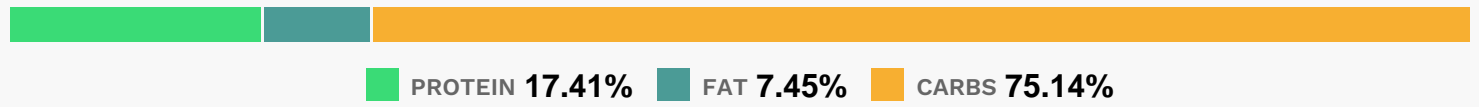
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, heat broth to boiling. Stir in remaining ingredients except cheese; reduce heat to medium.
- Cook 5 to 6 minutes, stirring occasionally, until noodles are tender.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:8.26, Inflammation Score:-7, Nutrition Score:11.678695685028%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 231.27kcal (11.56%), Fat: 1.95g (3.01%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 37.14g (13.51%), Sugar: 5.29g (5.88%), Cholesterol: 1.13mg (0.38%), Sodium: 1680.79mg (73.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Fiber: 7.19g (28.75%), Manganese: 0.52mg (26%), Selenium: 16.99µg (24.28%), Vitamin A: 963IU (19.26%), Phosphorus: 180.59mg (18.06%), Folate: 66.62µg (16.65%), Potassium: 544.5mg (15.56%), Magnesium: 56.49mg (14.12%), Copper: 0.28mg (13.9%), Iron: 2.24mg (12.43%), Vitamin B6: 0.22mg (10.85%), Vitamin B3: 2.15mg (10.77%), Vitamin B1: 0.16mg (10.54%), Vitamin B2: 0.14mg (8.36%), Calcium: 74.9mg (7.49%), Vitamin E: 1.11mg (7.4%), Zinc: 1.08mg (7.23%), Vitamin C: 5.23mg (6.34%), Vitamin K: 6.49µg (6.18%), Vitamin B5: 0.4mg (4.05%)