



WHATShEATE



Black Bean and Salsa Noodle Soup



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 42 oz vegetable stock canned
- ☐ 16 oz salsa thick
- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn whole drained canned
- ☐ 5 oz salad leaves curly endive
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime
- ☐ 1 teaspoon chili powder

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons parmesan shredded

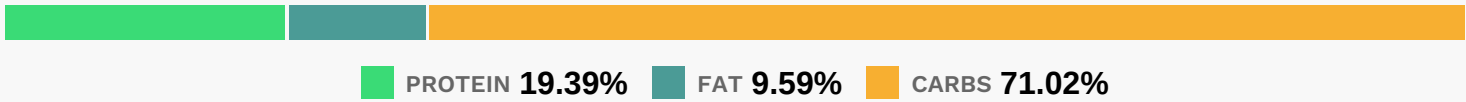
Equipment

- ☐ 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:23.5, Glycemic Load:1.17, Inflammation Score:-9, Nutrition Score:15.14956531949%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 149.06kcal (7.45%), Fat: 1.67g (2.57%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 20.43g (7.43%), Sugar: 4.82g (5.36%), Cholesterol: 1.13mg (0.38%), Sodium: 1690mg (73.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin K: 76.77µg (73.12%), Vitamin A: 2313.61IU (46.27%), Fiber: 7.38g (29.51%), Folate: 88.35µg (22.09%), Manganese: 0.4mg (20.23%), Potassium: 591.04mg (16.89%), Phosphorus: 147.04mg (14.7%), Copper: 0.28mg (13.97%), Vitamin C: 10.9mg (13.21%), Magnesium: 51.06mg (12.76%), Iron: 2.14mg (11.91%), Vitamin E: 1.62mg (10.79%), Vitamin B6: 0.21mg (10.41%), Vitamin B1: 0.15mg (10.06%), Vitamin B3: 1.87mg (9.36%), Calcium: 93.56mg (9.36%), Vitamin B2: 0.15mg (8.92%), Vitamin B5: 0.58mg

(5.77%), Zinc: 0.85mg (5.67%), Selenium: 2.13µg (3.05%)