



## Black Bean and Salsa Soup

 Vegetarian  Gluten Free  Popular

READY IN



20 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounce black beans drained and rinsed canned
- 2 tablespoons green onion thinly sliced
- 1 teaspoon ground cumin
- 1 cup chunky salsa
- 4 tablespoons cup heavy whipping cream sour
- 1.5 cups vegetable broth

### Equipment

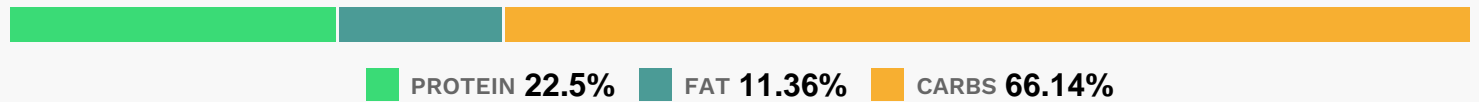
- food processor

- bowl
- sauce pan
- ladle
- blender

## Directions

- In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
- Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
- Ladle soup into 4 individual bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:16.474782587393%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 243.34kcal (12.17%), Fat: 3.19g (4.9%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 25.74g (9.36%), Sugar: 3.72g (4.13%), Cholesterol: 7.08mg (2.36%), Sodium: 1600.41mg (69.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.39%), Fiber: 15.97g (63.89%), Folate: 134.99µg (33.75%), Manganese: 0.59mg (29.58%), Phosphorus: 263.16mg (26.32%), Iron: 4.7mg (26.1%), Potassium: 854.79mg (24.42%), Copper: 0.46mg (22.97%), Magnesium: 87.8mg (21.95%), Vitamin B1: 0.33mg (21.84%), Vitamin B2: 0.3mg (17.66%), Vitamin A: 619.23IU (12.38%), Vitamin B6: 0.24mg (12.01%), Calcium: 111.55mg (11.16%), Vitamin B3: 2.1mg (10.48%), Vitamin C: 7.69mg (9.32%), Zinc: 1.35mg (9.02%), Vitamin K: 9.15µg (8.71%), Vitamin E: 0.87mg (5.81%), Vitamin B5: 0.57mg (5.65%), Selenium: 3.84µg (5.48%)