



 **56%**
HEALTH SCORE

Black Bean & Salsa Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces black beans drained and rinsed
- 0.5 tsp cumin
- 1 cup regular corn frozen thawed
- 1 dash hot sauce
- 1 cup salsa
- 1.5 cups vegetable broth

Equipment

- sauce pan

blender

Directions

Place 1 cup beans, salsa, broth and cumin in a blender and puree until smooth.

Transfer to a medium saucepan and add remaining ingredients except chips. Stir to combine and heat thoroughly over low. Once warmed, serve and garnish with broken chips.

Amount Per Serving

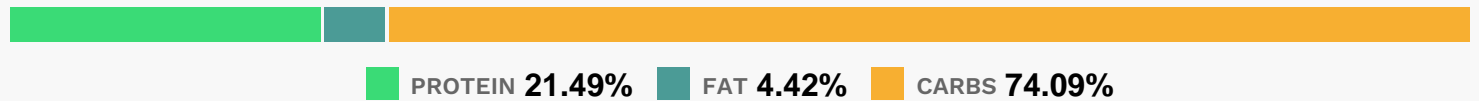
Calories

Fat

Carbohydrate

70g Dietary Fiber 14.70g Sugars 7.30g Protein 17g

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:10.6, Inflammation Score:-9, Nutrition Score:27.498261182205%

Nutrients (% of daily need)

Calories: 409.9kcal (20.5%), Fat: 2.15g (3.31%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 81.04g (27.01%), Net Carbohydrates: 57.84g (21.03%), Sugar: 6.46g (7.18%), Cholesterol: 0mg (0%), Sodium: 1566.21mg (68.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.01%), Fiber: 23.2g (92.8%), Folate: 355.06µg (88.76%), Manganese: 1.24mg (61.9%), Magnesium: 196.57mg (49.14%), Vitamin B1: 0.65mg (43.5%), Phosphorus: 413.55mg (41.35%), Potassium: 1341.77mg (38.34%), Iron: 5.9mg (32.8%), Copper: 0.58mg (28.77%), Vitamin B6: 0.53mg (26.27%), Zinc: 3.24mg (21.62%), Vitamin A: 1021.9IU (20.44%), Vitamin B3: 3.94mg (19.7%), Vitamin B2: 0.24mg (14.2%), Vitamin E: 1.6mg (10.68%), Vitamin C: 8.49mg (10.29%), Vitamin B5: 1.02mg (10.19%), Calcium: 101.77mg (10.18%), Selenium: 4.41µg (6.3%), Vitamin K: 5.49µg (5.23%)