



## Black Bean Soup

READY IN



55 min.

SERVINGS



55

CALORIES



46 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 48 oz black beans undrained canned
- 0.3 tsp pepper red crushed
- 4 cloves garlic minced
- 1 Tbsp ground cumin
- 2 Tbsp juice of lime
- 0.5 cup yogurt plain low-fat
- 2 Tbsp oil
- 0.7 cup onion chopped
- 14 oz reduced sodium chicken broth canned

- 16 oz taco bellâ® & chunky salsa thick
- 55 servings saltines

## Equipment

- bowl
- ladle
- pot
- blender

## Directions

- Cook onion, garlic, cumin and pepper flakes in oil in 4-quart saucepot on medium heat 3 minutes or until onion is tender; remove from heat.
- Place 2 cans beans with liquid in batches with broth in blender; cover. Blend until pureed. Stir into saucepot. Stir in remaining beans, salsa and lime juice.
- Heat mixture to boil. Reduce heat to low. Simmer 30 minutes. Ladle 1 cup soup into each bowl; top with dollop of yogurt.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:1.13, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.5647826298423%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 46.18kcal (2.31%), Fat: 0.96g (1.48%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.47g (1.99%), Sugar: 0.62g (0.68%), Cholesterol: 0.13mg (0.04%), Sodium: 181.52mg (7.89%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Fiber: 1.99g (7.98%), Manganese: 0.1mg (5.11%), Folate: 20.13µg (5.03%), Iron: 0.77mg (4.28%), Vitamin B1: 0.06mg (4.12%), Phosphorus: 39.34mg (3.93%), Potassium: 119.93mg (3.43%), Vitamin B2: 0.06mg (3.24%), Copper: 0.06mg (3.18%), Magnesium: 11.74mg (2.94%), Vitamin B3: 0.55mg (2.75%), Vitamin B6: 0.04mg (1.92%), Calcium: 17.87mg (1.79%), Vitamin E: 0.23mg (1.56%), Vitamin C: 1.23mg (1.49%), Vitamin K: 1.51µg (1.43%), Zinc: 0.21mg (1.4%), Selenium: 0.83µg (1.18%)