

# Black Bean Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**391 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings chiles in adobo sauce with pepper, to taste
- 2 bay leaves
- 31 ounce black beans undrained canned
- 1 teaspoon brown sugar
- 1 teaspoon vinegar white
- 2 tablespoons olive oil extra virgin
- 1 teaspoon garlic minced
- 1 teaspoon ground cumin

- 1 teaspoon oregano
- 1 packet complete seasoning
- 4 servings onion white finely chopped
- 2 tablespoons cooking wine

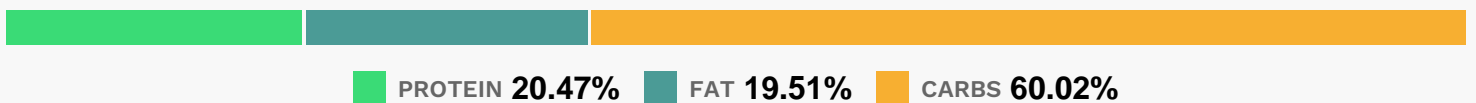
## Equipment

- bowl
- sauce pan
- pot

## Directions

- Heat oil in medium saucepan over medium heat.
- Add cumin, garlic, oregano and Sazon to pot. Cook until fragrant, about 30 seconds.
- Add wine; bring to a boil.
- Add 1 cup water, beans, bay leaves, brown sugar and vinegar; bring bean mixture to a boil. Reduce to medium-low and simmer, uncovered, stirring occasionally, until mixture thickens and ingredients come together, about 15 minutes. Season soup with Adobo; discard bay leaf.
- Divide soup evenly among serving bowls.
- Garnish with onions and cilantro, if desired.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:11.14, Inflammation Score:-9, Nutrition Score:21.692174017429%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

## Nutrients (% of daily need)

Calories: 391.33kcal (19.57%), Fat: 8.59g (13.22%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 59.45g (19.82%), Net Carbohydrates: 39.1g (14.22%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 290.34mg (12.62%), Alcohol: 0.78g (100%), Alcohol %: 0.33% (100%), Protein: 20.28g (40.57%), Folate: 339.34µg (84.83%), Fiber: 20.36g (81.43%), Manganese: 1.12mg (55.77%), Magnesium: 163.88mg (40.97%), Vitamin B1: 0.57mg (37.85%), Phosphorus: 329.95mg (33%), Iron: 5.39mg (29.92%), Potassium: 889.5mg (25.41%), Copper: 0.49mg (24.6%), Zinc: 2.61mg (17.43%), Vitamin B6: 0.24mg (11.98%), Vitamin B2: 0.15mg (8.93%), Calcium: 89.19mg (8.92%), Vitamin E: 1.15mg (7.7%), Vitamin K: 7.66µg (7.29%), Vitamin B3: 1.24mg (6.22%), Vitamin B5: 0.61mg (6.13%), Vitamin C: 4.44mg (5.38%), Selenium: 3.13µg (4.47%)