



Black Bean Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 carrots chopped
- ☐ 0.5 teaspoon celery seeds
- ☐ 2 celery stalks chopped
- ☐ 1 tablespoon chicken bouillon base
- ☐ 2 cups black beans cooked
- ☐ 3 cloves garlic minced

- ☐ 1 teaspoon ground cumin
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 teaspoon pepper flakes red

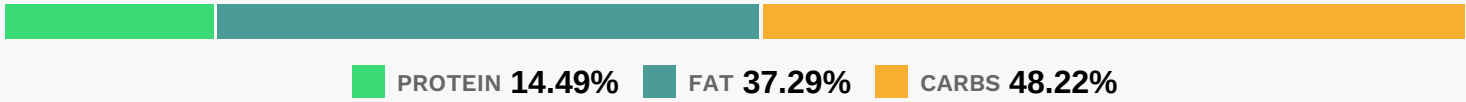
Equipment

- ☐ sauce pan

Directions

- ☐ Cook the celery, carrots and onions in the olive oil in a large saucepan over medium heat until soft, about 5 minutes.
- ☐ Add the oregano, cumin, red pepper flakes, celery seeds and garlic and cook until fragrant.
- ☐ Add the black beans, bouillon, bay leaf and tomatoes, and enough water to cover by an inch or two (about 3 cups). Simmer for at least 30 minutes, up to 2 hours, adding water if needed. Season and serve.

Nutrition Facts



Properties

Glycemic Index:40.97, Glycemic Load:4.81, Inflammation Score:-9, Nutrition Score:12.26391308204%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 177.19kcal (8.86%), Fat: 7.73g (11.89%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 15.16g (5.51%), Sugar: 4.26g (4.73%), Cholesterol: 0mg (0%), Sodium: 110.73mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Vitamin A: 1917.25IU (38.34%), Fiber: 7.32g (29.28%), Manganese: 0.51mg (25.71%), Folate: 101.71µg (25.43%), Iron: 2.79mg (15.49%), Magnesium: 61.18mg (15.3%), Vitamin B1: 0.21mg (14.16%), Vitamin E: 2.11mg (14.07%), Potassium: 487.71mg (13.93%), Copper: 0.27mg (13.51%), Vitamin K: 14.05µg (13.38%), Phosphorus: 117.24mg (11.72%), Vitamin C: 8.63mg (10.46%), Vitamin B6: 0.21mg (10.42%), Calcium: 66.84mg (6.68%), Vitamin B3: 1.31mg (6.53%), Zinc: 0.95mg (6.33%), Vitamin B2: 0.09mg (5.21%), Vitamin B5: 0.39mg (3.94%), Selenium: 1.52µg (2.18%)