



Black Bean Soup

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup onion chopped
- 1 large garlic clove finely chopped
- 1 slice bacon cut into pieces
- 3 cups chicken broth (from 32-oz carton)
- 1 cup water
- 0.5 cup carrots coarsely chopped
- 0.5 cup celery stalks coarsely chopped
- 4 oz black beans dried

- 2 tablespoons parsley fresh chopped
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper red crushed
- 4 lemon wedges

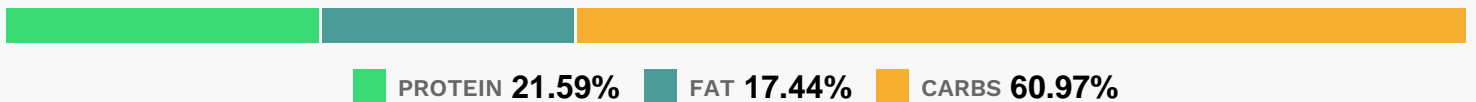
Equipment

- sauce pan
- blender

Directions

- Cook onion, garlic and bacon in 3-quart nonstick saucepan over medium heat about 3 minutes, stirring occasionally, until onion is tender.
- Stir in remaining ingredients except lemon wedges.
- Heat to boiling; boil 2 minutes. Reduce heat; cover and simmer about 2 hours or until beans are tender.
- Place 1 cup of the soup in blender container. Cover and blend on high speed about 30 seconds or until of uniform consistency; stir into remaining soup mixture.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:15.633912963712%

Flavonoids

Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg

Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 155.24kcal (7.76%), Fat: 3.15g (4.84%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 18.53g (6.74%), Sugar: 3.64g (4.04%), Cholesterol: 7.16mg (2.38%), Sodium: 720.39mg (31.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Vitamin A: 2958.5IU (59.17%), Vitamin K: 43.53µg (41.46%), Folate: 143.52µg (35.88%), Fiber: 6.23g (24.9%), Manganese: 0.49mg (24.6%), Vitamin B1: 0.34mg (22.76%), Vitamin C: 15.26mg (18.5%), Potassium: 623.93mg (17.83%), Copper: 0.31mg (15.62%), Magnesium: 60.96mg (15.24%), Phosphorus: 135.49mg (13.55%), Iron: 2.13mg (11.86%), Vitamin B2: 0.2mg (11.48%), Vitamin B6: 0.18mg (9.22%), Zinc: 1.38mg (9.18%), Calcium: 76.09mg (7.61%), Vitamin B3: 1.47mg (7.35%), Vitamin B5: 0.45mg (4.53%), Selenium: 3.11µg (4.45%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.06µg (1.05%)