



Black Bean Soup

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz black beans rinsed drained progresso® canned
- 1 teaspoon chipotles in adobo chopped (from 7-oz can)
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lime fresh
- 4 lime wedges
- 0.3 cup queso fresco crumbled
- 0.5 cup salsa fresh refrigerated

1.5 cups vegetable stock

Equipment

sauce pan

potato masher

Directions

In 2-quart saucepan, mash beans slightly with potato masher. Stir in broth, salsa, lime juice, chile and cumin.

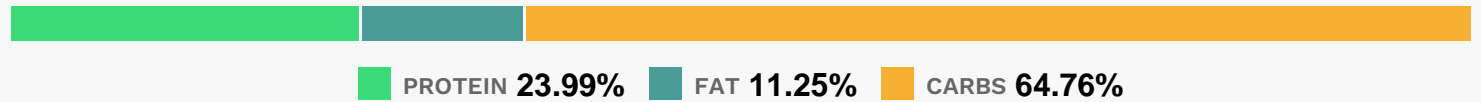
Heat to boiling; reduce heat. Simmer uncovered 5 minutes or until thoroughly heated.

Remove from heat; stir in cilantro.

Top individual servings with cheese.

Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:16.2126086432%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 245.87kcal (12.29%), Fat: 3.19g (4.91%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 25.43g (9.25%), Sugar: 2.68g (2.98%), Cholesterol: 7.01mg (2.34%), Sodium: 1459.48mg (63.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.64%), Fiber: 15.93g (63.73%), Folate: 133.67µg (33.42%), Phosphorus: 284.28mg (28.43%), Manganese: 0.54mg (27.24%), Iron: 4.51mg (25.04%), Copper: 0.45mg (22.4%), Potassium: 780.1mg (22.29%), Vitamin B1: 0.32mg (21.42%), Magnesium: 84.08mg (21.02%), Vitamin B2: 0.29mg (16.97%), Vitamin C: 12.79mg (15.51%), Calcium: 149.99mg (15%), Zinc: 1.51mg (10.08%), Vitamin B6: 0.19mg (9.62%), Vitamin A: 461.76IU (9.24%), Vitamin B3: 1.74mg (8.7%), Selenium: 5.11µg (7.3%), Vitamin B5: 0.54mg (5.38%), Vitamin E: 0.5mg (3.3%), Vitamin B12: 0.17µg (2.85%), Vitamin K: 2.23µg (2.12%), Vitamin D: 0.27µg (1.83%)