



Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 pound black beans dried
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 2 cups onion chopped

- ☐ 1 serrano chile finely chopped
- ☐ 4 cups vegetable broth organic
- ☐ 1 cup water

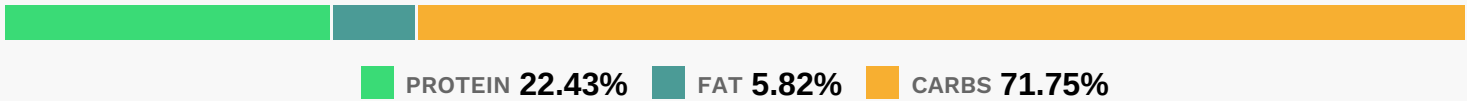
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Sort and wash beans; place in a large bowl. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain.
- ☐ Combine beans, broth, and next 5 ingredients (through chile) in an electric slow cooker. Cover and cook on LOW 10 hours. Discard bay leaves. Stir in juice and salt. Ladle 1 1/2 cups soup into each of 6 bowls; sprinkle each with 2 teaspoons chopped cilantro. Top each serving with 1 1/2 teaspoons sour cream.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:2.02, Inflammation Score:-9, Nutrition Score:21.433478178537%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

Nutrients (% of daily need)

Calories: 300.75kcal (15.04%), Fat: 2g (3.08%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 55.55g (18.52%), Net
Carbohydrates: 42.73g (15.54%), Sugar: 5.36g (5.96%), Cholesterol: 2.1mg (0.7%), Sodium: 1029.31mg (44.75%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Folate: 347.79µg (86.95%), Fiber: 12.82g
(51.27%), Vitamin B1: 0.72mg (47.72%), Manganese: 0.91mg (45.71%), Potassium: 1242.31mg (35.49%), Magnesium:
140.12mg (35.03%), Copper: 0.68mg (33.86%), Phosphorus: 292.3mg (29.23%), Iron: 4.62mg (25.69%), Zinc:
2.94mg (19.63%), Vitamin B6: 0.29mg (14.73%), Calcium: 126.12mg (12.61%), Vitamin B2: 0.17mg (10.21%), Vitamin A:
439.95IU (8.8%), Vitamin B3: 1.62mg (8.1%), Vitamin B5: 0.76mg (7.57%), Vitamin C: 6.23mg (7.55%), Vitamin K:
6.75µg (6.42%), Selenium: 2.94µg (4.2%), Vitamin E: 0.26mg (1.7%)