



Black Bean Soup I



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



161 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups black beans dry
- ☐ 4 cups chicken broth
- ☐ 0.5 cup ham chopped
- ☐ 1 ham bone
- ☐ 0.5 onion chopped
- ☐ 1 tablespoon salt
- ☐ 1 tomatoes diced
- ☐ 2 tablespoons vegetable oil

- ☐ 6 cups water
- ☐ 1 tablespoon distilled vinegar white

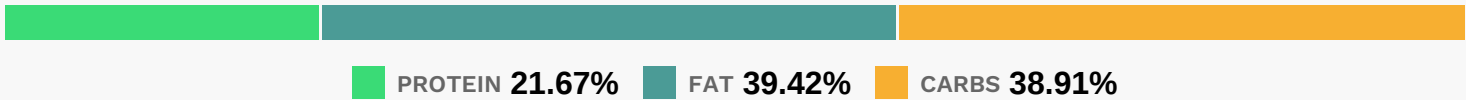
Equipment

- ☐ pot

Directions

- ☐ Simmer beans, water, ham bone, broth, and salt for 1 1/2 hours.
- ☐ Discard ham bone. Puree about 1/2 of soup; pour back into pot.
- ☐ Saute onion, tomato, and meat in oil until onion is soft. Stir in vinegar, and then add mixture to beans. Simmer for 20 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:2.98, Inflammation Score:-5, Nutrition Score:8.5091303872026%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 161.34kcal (8.07%), Fat: 7.18g (11.04%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 10.55g (3.84%), Sugar: 1.6g (1.78%), Cholesterol: 10.37mg (3.46%), Sodium: 1896.3mg (82.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Folate: 90.59µg (22.65%), Fiber: 5.39g (21.56%), Manganese: 0.37mg (18.4%), Vitamin B1: 0.25mg (16.98%), Magnesium: 49.51mg (12.38%), Phosphorus: 119.18mg (11.92%), Copper: 0.21mg (10.38%), Vitamin K: 9.99µg (9.52%), Potassium: 327.36mg (9.35%), Vitamin B2: 0.16mg (9.32%), Iron: 1.5mg (8.34%), Zinc: 1.1mg (7.33%), Vitamin B3: 1.29mg (6.43%), Selenium: 4.03µg (5.75%), Vitamin B6: 0.11mg (5.56%), Vitamin C: 3.49mg (4.23%), Vitamin E: 0.59mg (3.92%), Vitamin A: 177.52IU (3.55%), Calcium: 34.7mg (3.47%), Vitamin B5: 0.24mg (2.36%), Vitamin B12: 0.11µg (1.77%)