



## Black Bean Soup III

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 ounce black beans rinsed drained canned
- 1 cup cherry tomatoes
- 1.5 teaspoons ground cumin
- 0.3 cup mild salsa
- 2 cups water
- 1 teaspoon sugar white

### Equipment

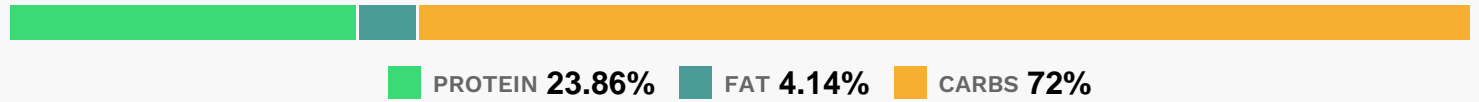
- food processor

- sieve
- blender

## Directions

- Strain salsa through a strainer and discard pieces left in strainer.
- Drain and rinse black beans, placing 1 tablespoon black beans aside for later use.
- Place remaining beans, strained salsa, water, cherry tomatoes, ground cumin and sugar in a food processor or blender and puree.
- Stir in reserved black beans and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:18.77, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:8.9034782959067%

## Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 114.82kcal (5.74%), Fat: 0.55g (0.85%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 13.55g (4.93%), Sugar: 2.56g (2.85%), Cholesterol: 0mg (0%), Sodium: 526.12mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Fiber: 7.97g (31.87%), Folate: 70.42µg (17.6%), Manganese: 0.33mg (16.51%), Iron: 2.84mg (15.78%), Vitamin C: 11.73mg (14.22%), Phosphorus: 134.19mg (13.42%), Copper: 0.27mg (13.41%), Potassium: 464mg (13.26%), Magnesium: 46.93mg (11.73%), Vitamin B1: 0.17mg (11.51%), Vitamin B2: 0.14mg (8.45%), Vitamin B6: 0.12mg (5.99%), Calcium: 56.4mg (5.64%), Vitamin A: 273.93IU (5.48%), Vitamin B3: 1.07mg (5.37%), Zinc: 0.71mg (4.71%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.28mg (2.76%), Selenium: 1.76µg (2.51%), Vitamin K: 1.77µg (1.68%)