



WHATSheATE



## Black Bean Soup with Avocado, Orange, and Cucumber



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 avocado cubed
- ☐ 30 oz black beans rinsed canned
- ☐ 0.3 cup cotija cheese crumbled
- ☐ 0.5 cucumber english chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons hot sauce such as tapatio

- ☐ 1 juice of lime
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup onion chopped
- ☐ 1 cranberry-orange relish peeled chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 8 oz pimientos drained
- ☐ 3 cups vegetable broth
- ☐ 2 tablespoons vegetable oil

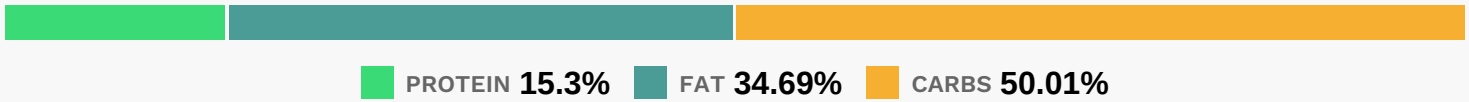
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Add onion and garlic and cook until translucent, about 5 minutes.
- ☐ Add broth, beans, pimientos, seasonings, and hot sauce and bring to a boil. Reduce heat to low and simmer, uncovered, 10 minutes.
- ☐ Mix avocado, lime juice, orange, and cucumber in a medium bowl. Divide soup among bowls; top with avocado mixture and a sprinkle of cheese.

## Nutrition Facts



## Properties

Glycemic Index:66.63, Glycemic Load:4.77, Inflammation Score:-10, Nutrition Score:29.494782437449%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg,

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 5.05mg, Naringenin: 5.05mg, Naringenin: 5.05mg, Naringenin: 5.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 427.08kcal (21.35%), Fat: 17.29g (26.59%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 56.09g (18.7%), Net Carbohydrates: 34.92g (12.7%), Sugar: 9.28g (10.31%), Cholesterol: 8.34mg (2.78%), Sodium: 1988.67mg (86.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.3%), Vitamin C: 95.42mg (115.66%), Fiber: 21.17g (84.67%), Folate: 198.68µg (49.67%), Vitamin A: 2131.67IU (42.63%), Manganese: 0.76mg (38.1%), Potassium: 1214.88mg (34.71%), Vitamin K: 36.24µg (34.52%), Iron: 6.19mg (34.39%), Phosphorus: 330.69mg (33.07%), Copper: 0.6mg (29.94%), Vitamin B2: 0.48mg (28.47%), Vitamin B1: 0.42mg (28.24%), Magnesium: 110.14mg (27.54%), Vitamin B6: 0.55mg (27.28%), Calcium: 169.69mg (16.97%), Vitamin E: 2.23mg (14.85%), Vitamin B3: 2.94mg (14.71%), Vitamin B5: 1.44mg (14.35%), Zinc: 2.09mg (13.93%), Selenium: 5.21µg (7.45%), Vitamin B12: 0.16µg (2.64%)