



Black-Bean Soup with Avocado Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 avocados cut into 1/2-inch dice
- ☐ 4 cups chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 0.5 cup cooking sherry dry
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons juice of lime
- ☐ 1 onion chopped

- ☐ 6 radishes halved sliced thin
- ☐ 1.5 teaspoons salt

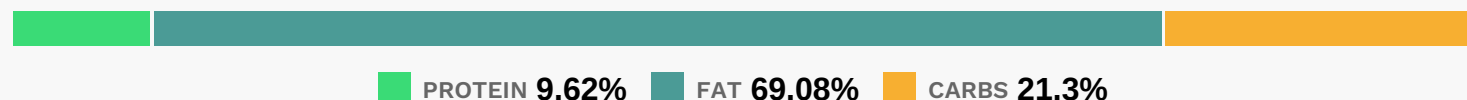
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine 3 cups of the beans and 1 cup of chicken broth in a blender or food processor and puree until smooth.
- ☐ In a large saucepan, heat the oil over moderate heat.
- ☐ Add the onion and 1 teaspoon of the salt and cook, stirring frequently, until the onion is soft, about 5 minutes. Increase the heat, add the sherry, and boil until reduced to approximately 1/4 cup, about 3 minutes.
- ☐ Add the bean puree, 1/2 teaspoon of the pepper, and the remaining 3 cups of chicken broth and 3 cups of beans. Simmer until hot, about 5 minutes.
- ☐ Meanwhile, in a small bowl, combine the avocados, cilantro, radishes, lime juice, and the remaining 1/2 teaspoon each of salt and pepper.
- ☐ Mix gently. Spoon the soup into bowls and top with the salsa.
- ☐ Wine Recommendation: Don't forget about sherries when considering wines for the table. They work particularly well with soups, especially when sherry is an ingredient already. With this black-bean soup, a dry amontillado is a natural.
- ☐ Notes: If the radishes aren't perfectly crisp, soak them in a bowl of ice water. A few minutes of shock may be just enough to revive them.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:1.55, Inflammation Score:-7, Nutrition Score:16.282608661963%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 301.48kcal (15.07%), Fat: 23.27g (35.81%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 8.57g (3.12%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 957.18mg (41.62%), Alcohol: 3.09g (100%), Alcohol %: 0.93% (100%), Protein: 7.29g (14.58%), Vitamin K: 88.77µg (84.54%), Fiber: 7.58g (30.31%), Vitamin B3: 5.13mg (25.63%), Vitamin C: 20.21mg (24.5%), Folate: 94.96µg (23.74%), Potassium: 802.19mg (22.92%), Vitamin E: 3.36mg (22.4%), Vitamin B6: 0.34mg (17.09%), Copper: 0.34mg (17.06%), Vitamin B5: 1.48mg (14.84%), Manganese: 0.29mg (14.54%), Phosphorus: 141.65mg (14.16%), Vitamin B2: 0.22mg (13.02%), Magnesium: 41.21mg (10.3%), Vitamin A: 470.08IU (9.4%), Iron: 1.5mg (8.35%), Zinc: 1.03mg (6.89%), Vitamin B1: 0.09mg (5.86%), Calcium: 41.01mg (4.1%), Vitamin B12: 0.24µg (3.93%)