



Black Bean Soup with Avocado Salsa

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed drained canned
- 1 cup water
- 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- 0.5 cup salsa
- 1 teaspoon ground cumin
- 1 cup avocado diced peeled
- 0.5 teaspoon lime zest grated
- 1 tablespoon juice of lime fresh

- 2 tablespoons cilantro leaves fresh finely chopped
- 0.1 teaspoon salt
- 1 serving cream sour reduced-fat

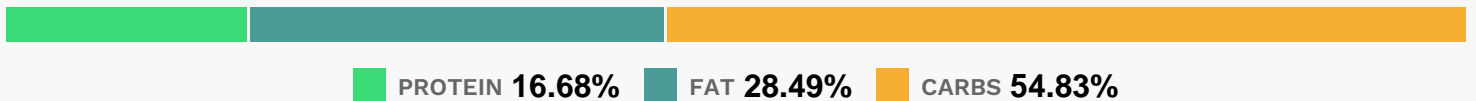
Equipment

- bowl
- sauce pan
- ladle
- potato masher

Directions

- In 2-quart saucepan, mash beans slightly with potato masher. Stir in water, tomatoes, chipotle salsa and cumin.
- Heat to boiling over high heat; reduce heat. Cover; simmer 8 minutes, stirring occasionally. Uncover; simmer 2 minutes longer or until soup is slightly thickened.
- Meanwhile, in small bowl, gently toss avocado, lime peel, lime juice, cilantro and salt.
- Ladle 1 cup soup into each of 4 bowls. Top each serving with 1/4 cup avocado salsa.
- Garnish with sour cream.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:12.302608738127%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 200.9kcal (10.04%), Fat: 6.63g (10.21%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 17.42g (6.34%), Sugar: 3.95g (4.39%), Cholesterol: 2.1mg (0.7%), Sodium: 863.94mg (37.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Fiber: 11.3g (45.22%), Folate: 97.75µg (24.44%), Iron: 3.26mg (18.13%), Manganese: 0.36mg (17.8%), Potassium: 620.52mg (17.73%), Copper: 0.31mg (15.65%), Phosphorus: 152.14mg (15.21%), Magnesium: 56.35mg (14.09%), Vitamin A: 667.6IU (13.35%), Vitamin B1: 0.19mg (12.8%), Vitamin C: 10.43mg (12.64%), Vitamin B2: 0.2mg (11.56%), Vitamin B6: 0.22mg (10.86%), Calcium: 97.31mg (9.73%), Vitamin K: 9.94µg (9.47%), Vitamin B3: 1.71mg (8.55%), Vitamin E: 1.22mg (8.14%), Vitamin B5: 0.79mg (7.88%), Zinc: 0.94mg (6.29%), Selenium: 2.04µg (2.92%)