



# Black Bean Soup with Crab and Andouille Sausage

 **Gluten Free**  **Dairy Free**

READY IN



**375 min.**

SERVINGS



**6**

CALORIES



**359 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound andouille sausage diced
- 2 bay leaves
- 30 ounce black beans drained canned
- 15 ounce canned tomatoes diced canned
- 0.5 cup carrots diced
- 0.5 cup celery diced
- 0.3 cup cilantro leaves fresh chopped

- 1 teaspoon ground cumin
- 6 servings salt and ground pepper black
- 4 cups chicken broth reduced-sodium
- 2 cups lump crab meat for shells and cartilage
- 0.5 cup onion diced

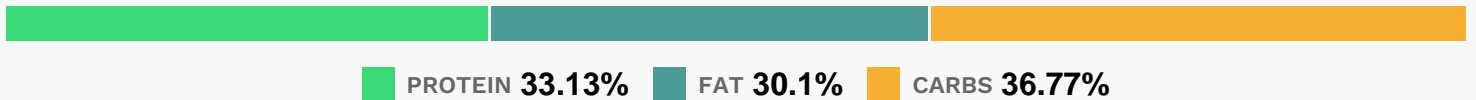
## Equipment

- bowl
- ladle
- slow cooker

## Directions

- In a slow cooker, combine beans, broth, tomatoes, sausage, onion, celery, carrots, cumin, bay leaves, and 1/2 teaspoon each salt and black pepper.
- Mix well. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.
- Season, to taste, with salt and black pepper. Ladle into bowls and garnish with crab and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:35.47, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:29.005217521087%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Nutrients (% of daily need)

Calories: 359.37kcal (17.97%), Fat: 12.31g (18.94%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 21.97g (7.99%), Sugar: 4.93g (5.48%), Cholesterol: 56.03mg (18.68%), Sodium: 1476.43mg (64.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.96%), Vitamin B12: 5.57µg (92.8%), Copper: 1.04mg (52.2%), Fiber: 11.87g (47.5%), Selenium: 30.62µg (43.74%), Phosphorus: 413.73mg (41.37%), Vitamin A: 2058.85IU (41.18%), Zinc: 5.45mg (36.35%), Vitamin B3: 7mg (35.01%), Folate: 128.81µg (32.2%), Potassium: 1109.49mg (31.7%), Iron: 5.06mg (28.13%), Manganese: 0.55mg (27.6%), Magnesium: 103.99mg (26%), Vitamin B1: 0.39mg (26%), Vitamin B2: 0.36mg (21.28%), Vitamin B6: 0.4mg (19.9%), Vitamin C: 16.37mg (19.84%), Calcium: 123.39mg (12.34%), Vitamin B5: 1mg (9.99%), Vitamin K: 9.93µg (9.46%), Vitamin E: 1.35mg (9%), Vitamin D: 0.53µg (3.53%)