



Black Bean Soup with Shredded Pork

 Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon chopped
- 1 tablespoon chipotles in adobo canned chopped
- 1 pound black beans dried picked over rinsed
- 2 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 1 onion finely chopped
- 1.3 lb pork chops bone-in
- 1.5 teaspoons salt

Equipment

slow cooker

Directions

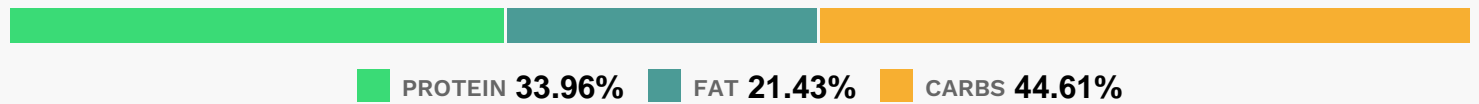
Combine 6 cups water, beans, pork chops, bacon, onion, garlic, chilies, adobo, cumin and salt in slow cooker. Cook on low until beans are tender and pork chops are falling apart, 4 to 6 hours.

Remove and discard bacon.

Cut pork away from bones. Discard bones and shred meat.

Add meat back to slow cooker with beans. Season with additional salt and serve.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:22.849564966948%

Flavonoids

Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 334.94kcal (16.75%), Fat: 7.98g (12.28%), Saturated Fat: 2.69g (16.78%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 28.13g (10.23%), Sugar: 1.92g (2.14%), Cholesterol: 51.12mg (17.04%), Sodium: 510.41mg (22.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Vitamin B1: 1.01mg (67.17%), Folate: 254.4µg (63.6%), Selenium: 26.57µg (37.95%), Phosphorus: 374.06mg (37.41%), Fiber: 9.25g (37.01%), Vitamin B6: 0.72mg (35.91%), Vitamin B3: 7.02mg (35.12%), Potassium: 1143.74mg (32.68%), Manganese: 0.65mg (32.32%), Magnesium: 118.53mg (29.63%), Copper: 0.53mg (26.45%), Zinc: 3.28mg (21.85%), Iron: 3.48mg (19.33%), Vitamin B2: 0.25mg (14.73%), Vitamin B5: 1.08mg (10.77%), Calcium: 82.09mg (8.21%), Vitamin B12: 0.4µg (6.72%), Vitamin K: 3.26µg (3.1%), Vitamin D: 0.31µg (2.04%), Vitamin E: 0.25mg (1.64%), Vitamin C: 1.27mg (1.54%)