



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 chipotle chilies in adobo plus 1 tbsp. adobo sauce 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 center-cut pork chops bone-in
- ☐ 1.5 teaspoons salt

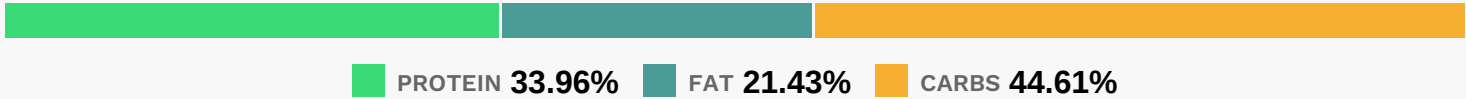
Equipment

☐ 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%)