






 **71%**  
HEALTH SCORE

# Black Bean Soup with Spicy Black Beans

 Vegetarian  Gluten Free  Very Healthy

READY IN  
  
**45 min.**

SERVINGS  
  
**2**

CALORIES  
  
**258 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 2 cups spicy black beans
- 2 teaspoons cooking sherry dry
- 0.1 teaspoon ground cumin
- 1 teaspoon juice of lemon
- 0.8 cup no-salt-added chicken broth undiluted canned
- 2 tablespoons nonfat cream alternative sour
- 0.1 teaspoon salt
- 0.5 tablespoon no-salt-added tomato paste

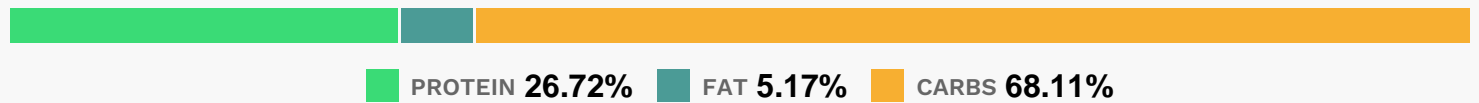
## Equipment

- food processor
- bowl
- sauce pan
- ladle
- knife

## Directions

- Position knife blade in food processor bowl; add first 5 ingredients. Process until smooth, scraping sides of processor bowl once.
- Transfer bean mixture to a small saucepan; cook over medium heat just until hot. Stir in sherry and lemon juice. To serve, ladle soup into 2 bowls, and top each serving with 1 tablespoon sour cream.

## Nutrition Facts



## Properties

Glycemic Index:47.5, Glycemic Load:8.03, Inflammation Score:-7, Nutrition Score:16.630869573873%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 258.48kcal (12.92%), Fat: 1.51g (2.33%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 29.68g (10.79%), Sugar: 0.76g (0.85%), Cholesterol: 1.08mg (0.36%), Sodium: 222.62mg (9.68%), Alcohol: 0.51g (100%), Alcohol %: 0.23% (100%), Protein: 17.59g (35.18%), Folate: 258.64µg (64.66%), Fiber: 15.15g (60.59%), Manganese: 0.79mg (39.32%), Magnesium: 125.28mg (31.32%), Vitamin B1: 0.43mg (28.57%), Phosphorus: 283.79mg (28.38%), Iron: 4.02mg (22.32%), Potassium: 751.14mg (21.46%), Copper: 0.42mg (21.15%), Zinc: 2.11mg (14.09%), Vitamin B3: 2.23mg (11.13%), Vitamin B2: 0.15mg (9.04%), Vitamin B6: 0.14mg (7.14%),

Calcium: 68.27mg (6.83%), Vitamin B5: 0.43mg (4.27%), Selenium: 2.93µg (4.18%), Vitamin C: 1.85mg (2.25%),  
Vitamin B12: 0.12µg (2.08%), Vitamin A: 103.66IU (2.07%), Vitamin E: 0.18mg (1.2%)