



Black Bean-Tomato Soup with Cilantro-Lime Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced organic undrained canned
- ☐ 0.3 cup celery chopped
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon cilantro leaves fresh minced

- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground cumin divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup onion chopped (1 small)
- ☐ 2 slices center-cut bacon chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a large saucepan over medium heat until crisp.
- ☐ Remove bacon with a slotted spoon, reserving 1 teaspoon drippings in pan; set bacon aside.
- ☐ Add onion and celery to pan; cook 5 minutes or until celery is tender. Stir in 3/4 teaspoon cumin, chile powder, and garlic; cook 1 minute. Stir in bacon, pepper, beans, tomatoes, and broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Place half of bean mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining bean mixture; process until smooth. Keep warm.
- ☐ Combine sour cream, remaining 1/4 teaspoon cumin, cilantro, rind, and juice in a small bowl.
- ☐ Drizzle cream over soup.

Nutrition Facts



 PROTEIN **19.61%**  FAT **27.37%**  CARBS **53.02%**

Properties

Glycemic Index:57, Glycemic Load:2.65, Inflammation Score:-6, Nutrition Score:14.705217351084%

Flavonoids

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 Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 214.27kcal (10.71%), Fat: 6.83g (10.51%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 19.75g (7.18%), Sugar: 5.98g (6.64%), Cholesterol: 12.29mg (4.1%), Sodium: 1041.96mg (45.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Fiber: 10.03g (40.12%), Manganese: 0.53mg (26.32%), Potassium: 774.95mg (22.14%), Iron: 3.97mg (22.04%), Copper: 0.44mg (21.88%), Folate: 87.41µg (21.85%), Phosphorus: 196.43mg (19.64%), Vitamin B1: 0.29mg (19.02%), Vitamin C: 15.63mg (18.94%), Magnesium: 66.78mg (16.69%), Vitamin B6: 0.3mg (15.04%), Vitamin B3: 3mg (15%), Vitamin B2: 0.24mg (14.15%), Calcium: 111.3mg (11.13%), Selenium: 7.11µg (10.15%), Vitamin E: 1.43mg (9.51%), Zinc: 1.15mg (7.69%), Vitamin K: 8.03µg (7.64%), Vitamin B5: 0.71mg (7.13%), Vitamin A: 321.01IU (6.42%), Vitamin B12: 0.31µg (5.23%)