



Brazilian Black Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 30 ounce black beans drained and rinsed canned
- ☐ 1 carrots diced
- ☐ 1 pinch cayenne pepper to taste
- ☐ 8 cloves garlic divided chopped
- ☐ 3 teaspoons ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 3 cups onion chopped
- ☐ 1 cup orange juice

- ☐ 1 bell pepper diced red
- ☐ 2 teaspoons salt
- ☐ 0.5 cup water

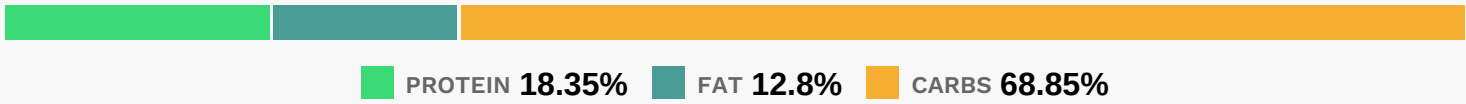
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Add onion, half of the garlic, and carrot. Season with cumin and salt. Cook, stirring, until onion and carrot are tender. Stir in remaining garlic, and red pepper; continue cooking until tender.
- ☐ Add beans, water, and orange juice to the pan, and season with cayenne pepper.
- ☐ Transfer a portion of the mixture to a blender or food processor, and puree until smooth. Puree part or all of the soup, depending on how you like the texture. Return puree to the pan, and simmer for 10 more minutes to blend flavors before serving.

Nutrition Facts



Properties

Glycemic Index:37.47, Glycemic Load:4.81, Inflammation Score:-9, Nutrition Score:18.204782714014%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg

Nutrients (% of daily need)

Calories: 219.3kcal (10.97%), Fat: 3.24g (4.98%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 27.07g (9.84%), Sugar: 8.24g (9.16%), Cholesterol: 0mg (0%), Sodium: 1334.29mg (58.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.88%), Vitamin C: 57.74mg (69.99%), Vitamin A: 2429.36IU (48.59%), Fiber: 12.12g (48.47%), Folate: 125.36µg (31.34%), Manganese: 0.58mg (28.93%), Potassium: 744.87mg (21.28%), Iron: 3.81mg (21.18%), Phosphorus: 203.19mg (20.32%), Vitamin B1: 0.3mg (20.28%), Copper: 0.35mg (17.7%), Magnesium: 70.66mg (17.67%), Vitamin B6: 0.32mg (15.83%), Vitamin B2: 0.23mg (13.8%), Calcium: 94.97mg (9.5%), Vitamin B3: 1.51mg (7.53%), Zinc: 1.09mg (7.3%), Vitamin B5: 0.55mg (5.52%), Vitamin E: 0.79mg (5.27%), Selenium: 2.94µg (4.2%), Vitamin K: 4.22µg (4.01%)