






 **85%**
HEALTH SCORE

Cajun 15-Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

115 min.

SERVINGS

8

CALORIES

272 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 bell pepper chopped
- 0.3 teaspoon pepper black
- 15 ounce canned tomatoes canned
- 0.3 teaspoon ground pepper
- 1 rib celery chopped
- 1 teaspoon chili powder
- 20 ounces rice mixed dried rinsed canned (you can find these prepackaged in most grocery stores)
- 1 clove garlic minced

- 1 juice of lemon
- 0.5 teaspoon liquid smoke
- 1 large onion chopped
- 0.5 teaspoon oregano
- 2 teaspoons paprika
- 1.5 teaspoons salt to taste
- 1 teaspoon thyme leaves
- 12 cups water

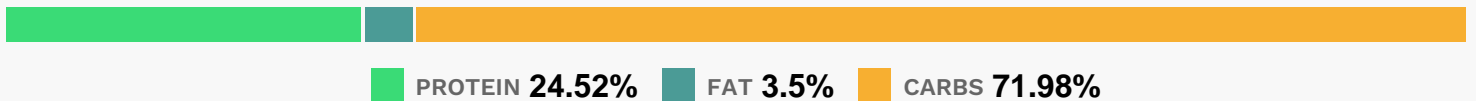
Equipment

- pressure cooker

Directions

- Add onion mixture, stewed tomatoes, and lemon juice to beans along with the spices and simmer 30–45 minutes. (If you started the beans in the pressure cooker, add 2 cups water at this time if they seem dry or thick.)
- Add liquid smoke and salt at the end.
- Serve with bread or over rice, or just by itself, as I did.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:13.85, Inflammation Score:-9, Nutrition Score:23.083043741143%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Pelargonidin: 3.42mg, Pelargonidin: 3.42mg, Pelargonidin: 3.42mg, Pelargonidin: 3.42mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 272.36kcal (13.62%), Fat: 1.11g (1.7%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 51.11g (17.04%), Net Carbohydrates: 38.21g (13.9%), Sugar: 5.49g (6.1%), Cholesterol: 0mg (0%), Sodium: 543.11mg (23.61%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 17.41g (34.82%), Folate: 299.92µg (74.98%), Fiber: 12.9g (51.58%), Manganese: 0.97mg (48.52%), Vitamin C: 30.69mg (37.2%), Potassium: 1217.6mg (34.79%), Copper: 0.67mg (33.62%), Vitamin B1: 0.49mg (32.87%), Iron: 5.81mg (32.27%), Phosphorus: 319.19mg (31.92%), Magnesium: 118.73mg (29.68%), Vitamin B6: 0.46mg (22.84%), Vitamin A: 963.85IU (19.28%), Zinc: 2.28mg (15.21%), Vitamin B2: 0.21mg (12.5%), Vitamin B3: 2.43mg (12.15%), Vitamin K: 10.66µg (10.15%), Calcium: 101.42mg (10.14%), Vitamin E: 1.35mg (9.03%), Vitamin B5: 0.81mg (8.08%), Selenium: 2.87µg (4.1%)