



Calypso Black Bean Soup

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 banana peeled sliced
- 31 ounce black beans rinsed drained canned
- 1 clove garlic minced
- 1.5 teaspoons ground cumin
- 0.5 teaspoon ground ginger
- 15 ounce coconut milk light canned
- 1 mangos diced peeled seeded
- 1 tablespoon olive oil

- 1 tablespoon pepper sauce hot
- 1 bell pepper diced red seeded
- 0.5 cup bell peppers red chopped for garnish
- 8 servings salt and pepper to taste
- 0.5 cup cup heavy whipping cream sour for garnish
- 1 onion sweet minced
- 2 cups vegetable broth

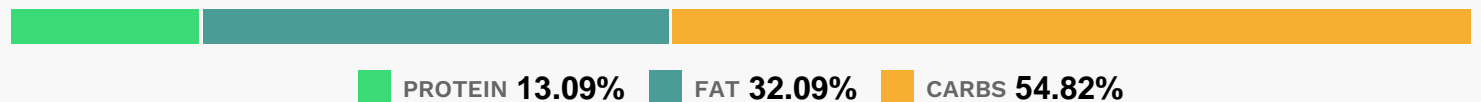
Equipment

- pot
- blender

Directions

- Place the olive oil in a deep, heavy pot, and heat over medium-high heat. Stir in the onion, garlic, and 1 red pepper; cook until onion is transparent, about 5 minutes. Stir in the black beans.
- Add the mango, banana, cumin, ginger, and hot pepper sauce; stir and cook until fruit softens.
- Pour in the coconut milk and vegetable broth. Bring soup mixture to a boil over high heat. Reduce heat to low, and simmer until liquid reduces, about 1 hour. Season to taste with salt and pepper.
- Place soup in batches into a blender, and blend until smooth; or use a stick blender to blend in the soup pot.
- Serve garnished with dollops of sour cream and sprinkled with red bell pepper.

Nutrition Facts



Properties

Glycemic Index:31.32, Glycemic Load:4.11, Inflammation Score:-8, Nutrition Score:13.974347943845%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 241.88kcal (12.09%), Fat: 8.75g (13.46%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 24.29g (8.83%), Sugar: 9.46g (10.52%), Cholesterol: 8.48mg (2.83%), Sodium: 947.78mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Vitamin C: 48.11mg (58.31%), Fiber: 9.33g (37.31%), Folate: 102.75µg (25.69%), Vitamin A: 1273.69IU (25.47%), Manganese: 0.43mg (21.69%), Potassium: 565.12mg (16.15%), Phosphorus: 156.73mg (15.67%), Iron: 2.69mg (14.93%), Copper: 0.29mg (14.33%), Vitamin B6: 0.28mg (14.25%), Magnesium: 54.9mg (13.73%), Vitamin B1: 0.2mg (13.48%), Vitamin B2: 0.21mg (12.27%), Calcium: 71.1mg (7.11%), Vitamin B3: 1.29mg (6.47%), Vitamin E: 0.96mg (6.4%), Zinc: 0.83mg (5.53%), Vitamin B5: 0.47mg (4.73%), Selenium: 2.64µg (3.77%), Vitamin K: 3.81µg (3.62%)