



 11%
HEALTH SCORE

Caribbean black bean and sweet potato soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound turtle beans black dry organic
- 2 tablespoons coconut oil organic (or olive oil)
- 1 onion sweet yellow organic chopped (I used)
- 4 jalapeno seeded chopped
- 2 tsp ground ginger
- 0.5 tsp ground allspice
- 0.5 tsp thyme leaves
- 2 tsp sea salt

- 8 cups vegetable stock
- 4 cups sweet potatoes and into organic peeled chopped
- 1 tbsp brown sugar
- 1 tbsp brown sugar
- 1 bunch spring onion organic
- 0.5 cup cilantro leaves fresh chopped

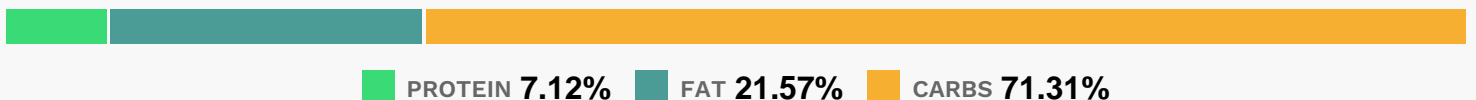
Equipment

- bowl
- pot
- blender

Directions

- Rinse beans and place in a large bowl. Cover beans with 4 inches of water and soak overnight (or 8 hours). Strain and rinse black beans.
- In a large soup pot, heat the oil over medium heat.
- Add onion and jalapeno and saut for 10 minutes, until soft.
- Add beans and vegetable broth or water. Stir in ginger, allspice, thyme and salt. Bring to a boil, then reduce heat and simmer for 1 hour 30 minutes.
- Add sweet potatoes and brown sugar and simmer for an additional 30 minutes, until beans and sweet potatoes are soft.
- Puree 1 cup of the soup in a blender and then add it back into the soup pot. Stir in cilantro and green onion. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:11.82, Inflammation Score:-10, Nutrition Score:14.941739130435%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

Taste

Sweetness: 100%, Saltiness: 24.5%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 36.62%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 197.65kcal (9.88%), Fat: 4.95g (7.62%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 32.03g (11.65%), Sugar: 13.53g (15.03%), Cholesterol: 0mg (0%), Sodium: 2089.15mg (90.83%), Protein: 3.68g (7.36%), Vitamin A: 13481.76IU (269.64%), Vitamin C: 33.01mg (40.01%), Folate: 104.15µg (26.04%), Manganese: 0.5mg (25.1%), Fiber: 4.82g (19.29%), Potassium: 579.05mg (16.54%), Vitamin B6: 0.31mg (15.33%), Vitamin K: 15.93µg (15.18%), Magnesium: 52.07mg (13.02%), Copper: 0.23mg (11.75%), Iron: 1.8mg (10.01%), Phosphorus: 91.26mg (9.13%), Calcium: 82.39mg (8.24%), Vitamin B5: 0.81mg (8.12%), Vitamin B1: 0.1mg (6.6%), Zinc: 0.7mg (4.69%), Vitamin B2: 0.08mg (4.61%), Vitamin E: 0.64mg (4.24%), Vitamin B3: 0.79mg (3.95%), Selenium: 1.27µg (1.81%)