



Caribbean Ham and Black Bean Soup

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup onion chopped
- 2 cups water
- 1 cup finely-chopped ham diced fully cooked
- 0.5 cup corn whole frozen
- 15 ounces black beans rinsed drained canned
- 14.5 ounces canned tomatoes mexican-style undrained canned
- 2 tablespoons jam (jalapeño)
- 1 tablespoon juice of lime

- 0.3 teaspoon salt
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground ginger

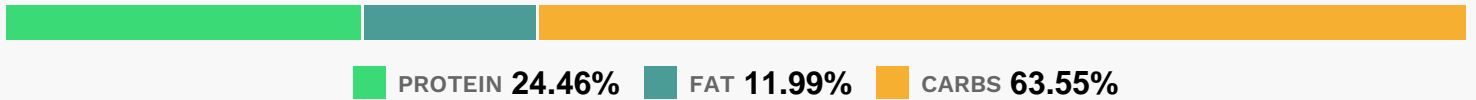
Equipment

- sauce pan

Directions

- Spray 3-quart saucepan with cooking spray; heat over medium heat. Cook onion in saucepan over medium heat 2 to 3 minutes or until crisp-tender.
- Stir in remaining ingredients.
- Heat to boiling; reduce heat. Simmer uncovered 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:6.25, Inflammation Score:-6, Nutrition Score:15.665217420329%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 223.01kcal (11.15%), Fat: 3.08g (4.73%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 26.94g (9.8%), Sugar: 10.29g (11.43%), Cholesterol: 20.62mg (6.87%), Sodium: 1056.29mg (45.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Fiber: 9.77g (39.1%), Vitamin C: 22.72mg (27.54%), Vitamin B1: 0.39mg (26.07%), Manganese: 0.52mg (25.77%), Phosphorus: 246.83mg (24.68%), Copper: 0.47mg (23.47%), Folate: 89.79µg (22.45%), Potassium: 774.05mg (22.12%), Iron: 3.83mg (21.27%), Magnesium: 70.24mg (17.56%), Vitamin B6: 0.31mg (15.67%), Vitamin B2: 0.27mg (15.6%), Vitamin B3: 3.11mg (15.54%), Selenium: 7.94µg (11.34%), Zinc: 1.6mg (10.65%), Vitamin E: 1.31mg (8.75%), Calcium: 86.22mg (8.62%),

Vitamin B5: 0.76mg (7.59%), Vitamin B12: 0.4µg (6.64%), Vitamin K: 5.56µg (5.29%), Vitamin A: 229.08IU (4.58%)