



 37%
HEALTH SCORE

Chipotle Black Bean Soup with Avocado Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small avocado pitted ripe peeled cut into cubes (1/2 cup)
- 45 ounces black beans rinsed drained canned
- 2 cups carrots diced peeled
- 4 cups chicken broth organic swanson® natural goodness® (Regular, or Certified)
- 7 ounces chipotles in adobo minced canned
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lemon

- 2 tablespoons olive oil
- 2 cups onion diced
- 0.3 cup cream sour

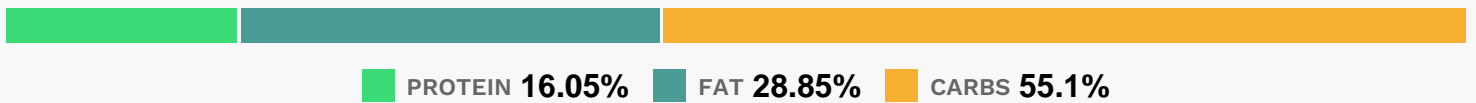
Equipment

- bowl
- sauce pan
- blender

Directions

- Heat the oil in a 4-quart saucepan.
- Add the carrots and onions and cook until they're tender-crisp, stirring occasionally.
- Add the peppers and cook and stir for 1 minute. Stir the broth and beans into the saucepan and heat to a boil. Reduce the heat to low. Cook for 25 minutes. Mash the avocado with a fork in a small bowl. Stir in the sour cream, cilantro and lemon juice. Spoon one-third of the broth mixture into a blender. Cover and blend until the mixture is smooth.
- Pour the mixture into a large bowl. Repeat twice more with the remaining broth mixture. Return the blended mixture to the saucepan. Cook over medium heat until the mixture is hot and bubbling. Divide the soup among 8 serving bowls. Top with the avocado mixture.

Nutrition Facts



Properties

Glycemic Index:18.23, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:20.135217391304%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin:

0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg,
Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin:
0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.25mg, Quercetin: 8.25mg,
Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 283.63kcal (14.18%), Fat: 9.42g (14.49%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 40.47g (13.49%),
Net Carbohydrates: 23.72g (8.63%), Sugar: 5.83g (6.48%), Cholesterol: 6.59mg (2.2%), Sodium: 1076.32mg
(46.8%), Protein: 11.79g (23.58%), Vitamin A: 5445.01IU (108.9%), Fiber: 16.75g (67.01%), Folate: 132.17µg (33.04%),
Manganese: 0.56mg (28%), Potassium: 806.43mg (23.04%), Iron: 4.05mg (22.52%), Phosphorus: 218.45mg
(21.84%), Vitamin B1: 0.31mg (20.42%), Copper: 0.4mg (20.17%), Vitamin B2: 0.34mg (19.72%), Magnesium: 72.97mg
(18.24%), Vitamin C: 12.48mg (15.13%), Vitamin B6: 0.25mg (12.42%), Vitamin K: 12.19µg (11.6%), Vitamin B3: 2.05mg
(10.27%), Calcium: 90.76mg (9.08%), Vitamin E: 1.32mg (8.82%), Zinc: 1.27mg (8.49%), Vitamin B5: 0.82mg (8.17%),
Selenium: 3.14µg (4.49%)