



## Chipotle black bean soup with lime-pickled onions

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 juice of lime
- ☐ 2 small onion red thinly sliced
- ☐ 0.5 tbsp olive oil
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 tbsp ground cumin
- ☐ 0.5 tbsp paprika smoked
- ☐ 0.5 tbsp chipotle paste to taste

- ☐ 400 g black bean garlic sauce drained and rinsed canned
- ☐ 400 ml vegetable stock
- ☐ 2 servings cream
- ☐ 1 leaves cilantro leaves
- ☐ 2 servings tortilla chips crisp

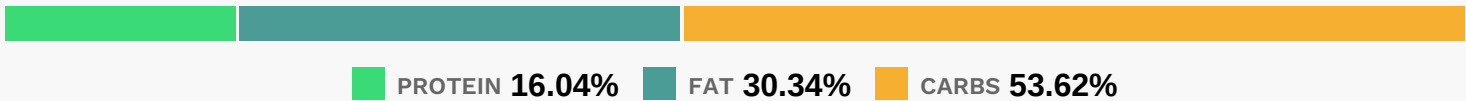
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

## Directions

- ☐ To make the lime-pickled onions, combine the lime juice and the onions in a small bowl, and season. Leave to pickle for 30 mins.
- ☐ Meanwhile, heat the olive oil in a saucepan over a medium-high heat.
- ☐ Add the garlic and remaining onions, and season. Cook for 8 mins or until the onions are translucent.
- ☐ Add the spices and chipotle pure, cook for 1 min, then add the beans, stock and remaining lime juice. Simmer for 15 mins, then pure in a blender.
- ☐ Pour the soup into a clean pan to reheat.
- ☐ Serve with a little of the drained pickled onions, topped with a small drizzle of soured cream and some coriander, and the tortillas on the side.

## Nutrition Facts



## Properties

Glycemic Index:77, Glycemic Load:3.77, Inflammation Score:-9, Nutrition Score:12.758260868166%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.8mg, Quercetin: 22.8mg, Quercetin: 22.8mg, Quercetin: 22.8mg

Nutrients (% of daily need)

Calories: 520.58kcal (26.03%), Fat: 18.05g (27.77%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 71.78g (23.93%), Net Carbohydrates: 56.01g (20.37%), Sugar: 30.6g (34%), Cholesterol: 7.08mg (2.36%), Sodium: 905.75mg (39.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.95%), Fiber: 15.77g (63.07%), Iron: 6.26mg (34.76%), Vitamin A: 1430.95IU (28.62%), Vitamin C: 18.45mg (22.36%), Vitamin E: 2.2mg (14.67%), Vitamin B6: 0.28mg (14.02%), Manganese: 0.28mg (13.94%), Phosphorus: 126.03mg (12.6%), Magnesium: 47.6mg (11.9%), Vitamin K: 11.85µg (11.28%), Potassium: 343.05mg (9.8%), Calcium: 95.07mg (9.51%), Vitamin B1: 0.12mg (8.08%), Folate: 29.39µg (7.35%), Vitamin B2: 0.1mg (6.15%), Vitamin B5: 0.61mg (6.09%), Copper: 0.12mg (5.79%), Zinc: 0.82mg (5.48%), Selenium: 2.87µg (4.11%), Vitamin B3: 0.69mg (3.44%)