



Chorizo-Banana Bean Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup banana ripe mashed
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots diced
- ☐ 4 ounces chorizo sausage smoked diced
- ☐ 6 ounces black beans dried
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 4 garlic cloves minced

- ☐ 0.3 cup bell pepper diced green
- ☐ 1 teaspoon habanero pepper minced seeded
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup onion diced
- ☐ 0.8 cup plum tomatoes seeded chopped
- ☐ 6 ounces beans dried red
- ☐ 0.5 teaspoon salt
- ☐ 3.3 cups water

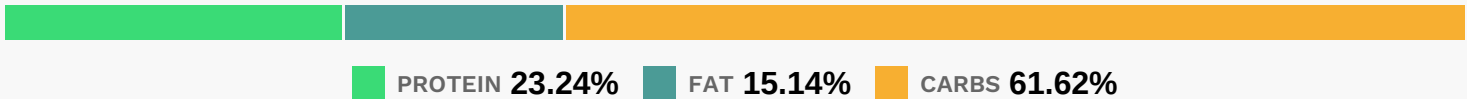
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sort and wash beans, and place in a large ovenproof Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain; return beans to pan.
- ☐ Heat the oil in a large nonstick skillet over medium-low heat.
- ☐ Add chorizo, carrot, onion, bell pepper, habanero, and garlic, and saut 15 minutes or until vegetables are tender.
- ☐ Add water and broth to beans in Dutch oven, and bring to a boil. Stir in chorizo mixture and bay leaves, and return to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until beans are tender.
- ☐ Add tomato, salt, and black pepper, and simmer 15 minutes. Stir in the mashed banana, and remove from heat.

Nutrition Facts



Properties

Glycemic Index:40.08, Glycemic Load:4.95, Inflammation Score:-9, Nutrition Score:14.530869561693%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 3.28mg, Petunidin: 3.28mg, Petunidin: 3.28mg, Petunidin: 3.28mg Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg Malvidin: 2.26mg, Malvidin: 2.26mg, Malvidin: 2.26mg, Malvidin: 2.26mg Pelargonidin: 1.02mg, Pelargonidin: 1.02mg, Pelargonidin: 1.02mg, Pelargonidin: 1.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 193.98kcal (9.7%), Fat: 3.34g (5.14%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 23.17g (8.42%), Sugar: 3g (3.33%), Cholesterol: 10mg (3.33%), Sodium: 393.4mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Folate: 186.66µg (46.66%), Vitamin A: 1630.28IU (32.61%), Fiber: 7.42g (29.69%), Manganese: 0.57mg (28.5%), Vitamin B1: 0.35mg (23.31%), Potassium: 745.83mg (21.31%), Copper: 0.39mg (19.37%), Magnesium: 73.86mg (18.47%), Phosphorus: 182.42mg (18.24%), Vitamin C: 14.3mg (17.33%), Iron: 2.91mg (16.16%), Vitamin B6: 0.24mg (12.17%), Zinc: 1.49mg (9.97%), Vitamin B3: 1.48mg (7.4%), Vitamin B2: 0.12mg (6.87%), Calcium: 62.51mg (6.25%), Vitamin K: 6.36µg (6.06%), Vitamin B5: 0.51mg (5.08%), Selenium: 2.92µg (4.17%), Vitamin E: 0.41mg (2.7%), Vitamin B12: 0.11µg (1.89%)