



Creamy Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 oz bush's black beans rinsed drained canned
- ☐ 14.5 oz canned tomatoes diced with zesty mild green chiles, undrained canned
- ☐ 3 cups chicken broth
- ☐ 0.5 teaspoons chili powder
- ☐ 6 servings toppings: cream fresh diced shredded sour chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoons ground cumin

- ☐ 1 tablespoon juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced

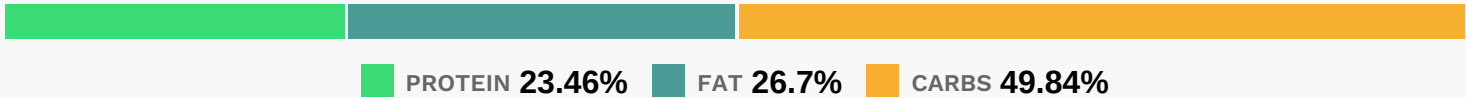
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Saut onion and garlic in hot oil in a Dutch oven over medium-high heat 4 to 6 minutes or until tender.
- ☐ Stir in broth and next 4 ingredients, stirring to loosen particles from bottom of Dutch oven; cover and bring to a boil. Uncover, reduce heat to medium-low, and simmer, stirring occasionally, 8 minutes.
- ☐ Remove from heat; stir in cilantro and lime juice.
- ☐ Let cool 5 minutes.
- ☐ Process soup, in batches, in a blender or food processor 30 seconds or until smooth. Return to Dutch oven, and stir until blended.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:11.77, Inflammation Score:-9, Nutrition Score:27.191739009774%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg,

Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 465.81kcal (23.29%), Fat: 14.21g (21.87%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 59.68g (19.89%), Net Carbohydrates: 39.33g (14.3%), Sugar: 4.81g (5.35%), Cholesterol: 32.35mg (10.78%), Sodium: 728.98mg (31.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.19%), Folate: 337.45µg (84.36%), Fiber: 20.35g (81.4%), Manganese: 1.18mg (58.92%), Phosphorus: 471.91mg (47.19%), Magnesium: 175.68mg (43.92%), Vitamin B1: 0.62mg (41.26%), Iron: 5.71mg (31.7%), Calcium: 307.06mg (30.71%), Copper: 0.61mg (30.66%), Potassium: 1050.26mg (30.01%), Zinc: 3.82mg (25.45%), Vitamin B2: 0.37mg (21.94%), Selenium: 12.17µg (17.39%), Vitamin B6: 0.31mg (15.68%), Vitamin B3: 2.25mg (11.25%), Vitamin C: 9.21mg (11.17%), Vitamin A: 520.87IU (10.42%), Vitamin E: 1.55mg (10.31%), Vitamin B5: 0.88mg (8.8%), Vitamin K: 6.28µg (5.98%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.18µg (1.2%)