



## Cuban Black Bean Soup

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**35**

CALORIES



**74 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 45 oz black beans divided undrained canned
- 14 oz chicken broth divided canned
- 0.5 cup knudsen cream sour
- 4 cloves garlic minced
- 1 Tbsp ground cumin
- 2 Tbsp oil
- 1 onion chopped
- 16 oz taco bellâ® & chunky salsa thick

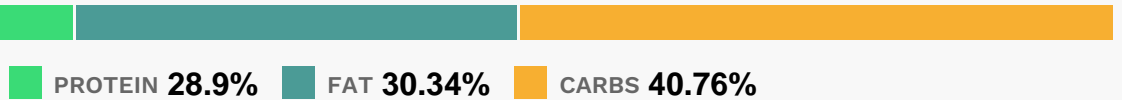
## Equipment

- sauce pan
- blender

## Directions

- Blend 1 can of beans and half the broth in blender until smooth. Cook and stir onions, garlic and cumin in hot oil in large saucepan on medium heat 3 min.
- Add bean puree; mix well.
- Add second can of beans and broth to blender; blend until smooth.
- Add to bean mixture in saucepan with remaining can of beans and salsa; mix well. Bring to boil on medium-high heat; simmer on low heat 15 min., stirring occasionally.
- Serve topped with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:1.77, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.7069565556619%

## Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 73.89kcal (3.69%), Fat: 2.53g (3.89%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 4.82g (1.75%), Sugar: 0.75g (0.83%), Cholesterol: 7.61mg (2.54%), Sodium: 281.13mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Fiber: 2.83g (11.31%), Phosphorus: 65.65mg (6.57%), Folate: 23.8µg (5.95%), Manganese: 0.12mg (5.77%), Iron: 1.02mg (5.68%), Potassium: 176.19mg (5.03%), Magnesium: 18.21mg (4.55%), Copper: 0.09mg (4.42%), Selenium: 2.87µg (4.1%), Vitamin B1: 0.06mg (3.96%), Vitamin B2: 0.07mg (3.91%), Vitamin B6: 0.07mg (3.73%), Zinc: 0.53mg (3.56%), Vitamin B3: 0.66mg (3.3%), Calcium: 24.23mg (2.42%), Vitamin E: 0.35mg (2.36%), Vitamin A: 106.48IU (2.13%), Vitamin B12: 0.12µg (2%), Vitamin C: 1.61mg (1.95%), Vitamin K: 1.45µg (1.38%), Vitamin B5: 0.11mg (1.1%)