



Easy Black Bean Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon allspice
- ☐ 32 ounce refried black beans canned
- ☐ 0.1 teaspoon pepper black
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.1 teaspoon celery salt
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon ginger fresh chopped

- ☐ 1 teaspoon garlic fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 14.3 ounce tomato purée canned
- ☐ 3 cups vegetable broth
- ☐ 1 cup onions white chopped
- ☐ 1 teaspoon sugar white

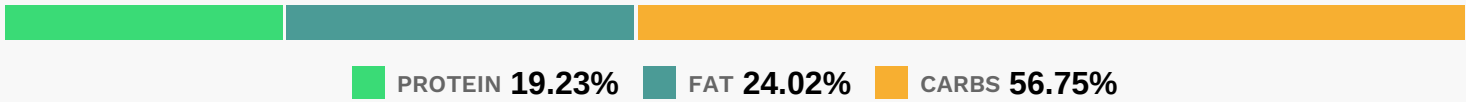
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a large saucepan over medium heat, and cook the onion until tender.
- ☐ Mix in ginger and garlic, and season with cayenne pepper, thyme, allspice, and celery salt.
- ☐ Pour in the broth.
- ☐ Mix in tomato puree, refried black beans, black pepper, and sugar. Cook and stir until heated through.
- ☐ Mix the remaining black beans and lemon juice into the soup. Continue cooking until heated through. Top each serving with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:41.76, Glycemic Load:7.48, Inflammation Score:-8, Nutrition Score:21.12391327775%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg 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: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg
Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg,
Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 367.74kcal (18.39%), Fat: 10.15g (15.62%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 53.98g (17.99%),
Net Carbohydrates: 35.32g (12.84%), Sugar: 5.5g (6.11%), Cholesterol: 16.73mg (5.58%), Sodium: 874.95mg
(38.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.59%), Fiber: 18.66g (74.66%), Folate:
247.99µg (62%), Manganese: 0.9mg (45.11%), Magnesium: 132.95mg (33.24%), Vitamin B1: 0.48mg (32.15%),
Phosphorus: 319.23mg (31.92%), Iron: 5.33mg (29.63%), Copper: 0.55mg (27.62%), Potassium: 958.95mg (27.4%),
Vitamin B2: 0.28mg (16.31%), Vitamin C: 12.56mg (15.23%), Zinc: 2.13mg (14.2%), Vitamin B6: 0.26mg (13.04%),
Calcium: 123.39mg (12.34%), Vitamin A: 542.79IU (10.86%), Vitamin B3: 1.93mg (9.66%), Vitamin E: 1.31mg (8.71%),
Vitamin B5: 0.74mg (7.43%), Vitamin K: 7.59µg (7.23%), Selenium: 4.28µg (6.12%)