



Eat the Rainbow Black Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



158 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce tomatoes diced canned
- 2 medium carrots diced
- 0.3 teaspoon chili powder smoked for smokiness without heat use paprika (or)
- 1 tablespoon chili powder
- 2 cans black beans rinsed cooked drained (or 3 cups)
- 1 teaspoon cumin
- 3 cloves garlic minced
- 1 jalapeno diced stemmed seeded to taste finely (add more or less)

- 4 cups pkt spinach chopped
- 6 ounces mushrooms quartered
- 1 large onion chopped
- 1 tablespoon oregano (or regular oregano)
- 8 servings pepper black generous
- 1 small cabbage red chopped (or)
- 2 tablespoons tomato paste
- 5 cups vegetable stock (or water plus 2 servings bouillon)
- 1 bell pepper red yellow chopped

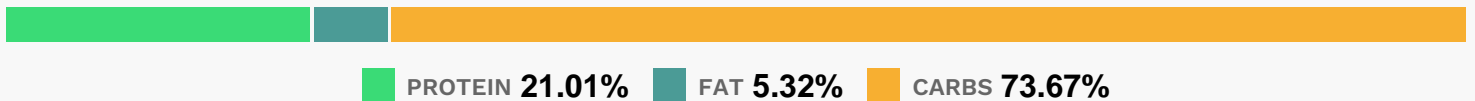
Equipment

- slow cooker

Directions

- Add the peppers and carrots and cook for another two minutes.
- Place sauteed vegetables and all remaining ingredients EXCEPT lettuce and salt into slow cooker. Cook on low for 8 hours or high for 4–6 hours. Just before serving, stir in the lettuce and salt and add additional seasonings, if necessary.

Nutrition Facts



Properties

Glycemic Index:53.23, Glycemic Load:6.55, Inflammation Score:-10, Nutrition Score:27.262608898075%

Flavonoids

Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.1mg

Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 157.9kcal (7.9%), Fat: 1.02g (1.57%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 21.79g (7.92%), Sugar: 8.53g (9.48%), Cholesterol: 0mg (0%), Sodium: 757.92mg (32.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Vitamin A: 5999.43IU (119.99%), Vitamin K: 109.87µg (104.64%), Vitamin C: 74.67mg (90.51%), Manganese: 0.8mg (40.04%), Fiber: 9.98g (39.93%), Folate: 158.96µg (39.74%), Potassium: 836.71mg (23.91%), Vitamin B6: 0.45mg (22.43%), Magnesium: 86.77mg (21.69%), Iron: 3.79mg (21.05%), Vitamin B1: 0.29mg (19.21%), Phosphorus: 170.15mg (17.02%), Vitamin B2: 0.28mg (16.37%), Copper: 0.32mg (16%), Vitamin B3: 2.5mg (12.51%), Vitamin E: 1.85mg (12.33%), Calcium: 111.07mg (11.11%), Zinc: 1.34mg (8.95%), Vitamin B5: 0.79mg (7.93%), Selenium: 4.12µg (5.89%)