



 **65%**  
HEALTH SCORE

## Fast & Fantastic Black Bean Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz no-salt-added black beans rinsed canned
- 1 cup chicken broth fat-free reduced-sodium
- 0.3 cup taco bellâ® & chunky salsa thick
- 2 oz velveetaâ cut into 1/2-inch cubes
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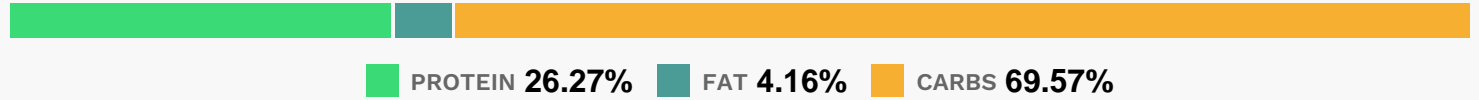
### Equipment

- sauce pan
- blender

## Directions

- Blend all ingredients except VELVEETA in blender until smooth.
- Pour into medium saucepan; cook on medium heat 5 min. or until heated through, stirring occasionally.
- Add VELVEETA; cook 1 min. or until melted, stirring constantly.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:9.57, Inflammation Score:-8, Nutrition Score:20.396086910497%

## Nutrients (% of daily need)

Calories: 294.63kcal (14.73%), Fat: 1.4g (2.16%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 33.68g (12.25%), Sugar: 1.41g (1.56%), Cholesterol: 0mg (0%), Sodium: 679.54mg (29.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Folate: 319.24µg (79.81%), Fiber: 19.08g (76.33%), Manganese: 0.99mg (49.66%), Magnesium: 154.85mg (38.71%), Vitamin B1: 0.54mg (35.87%), Phosphorus: 320.55mg (32.06%), Iron: 4.76mg (26.45%), Potassium: 872.71mg (24.93%), Copper: 0.49mg (24.35%), Zinc: 2.47mg (16.46%), Vitamin B6: 0.22mg (10.99%), Vitamin B3: 2.07mg (10.36%), Vitamin B2: 0.16mg (9.39%), Selenium: 5.34µg (7.63%), Vitamin B5: 0.72mg (7.16%), Calcium: 71.05mg (7.1%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 168.76IU (3.38%), Vitamin E: 0.4mg (2.64%), Vitamin K: 1.37µg (1.3%)