



Healthy & Delicious: Black Bean Soup



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



3

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings pepper black freshly ground
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 3 ounces cheddar cheese 2% grated (optional, but preferred)
- ☐ 15 ounce chicken broth low sodium canned
- ☐ 1 tablespoon chili powder
- ☐ 3 large cloves garlic minced
- ☐ 1 juice of lime juiced
- ☐ 3 servings kosher salt

- ☐ 0.8 cup turtle beans drained and rinsed
- ☐ 1 medium onion finely chopped
- ☐ 1 medium shallots chopped
- ☐ 2 tablespoons vegetable oil

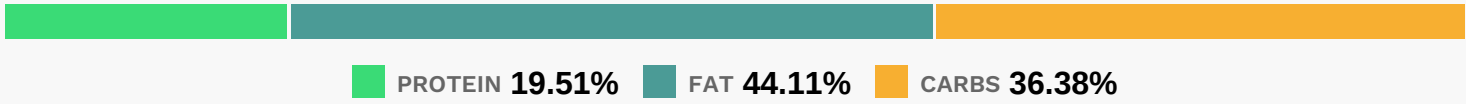
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In medium saucepan, heat oil over medium heat.
- ☐ Add onion and shallot. Sauté until starting to soften, about 5 minutes.
- ☐ Add garlic and chili powder and cook 1 minute, stirring frequently.
- ☐ Add black beans, pink beans, and broth. Stir to combine. Bring to a boil. Reduce to a simmer and cook 20 minutes.
- ☐ In a blender or with an immersion blender, carefully puree about half of soup until smooth. Return to pot and stir to combine.
- ☐ Add lime juice and season with salt and pepper to taste.
- ☐ Serve immediately, with cheese sprinkled over top.

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:20.742608790812%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg,

Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 404.19kcal (20.21%), Fat: 20.54g (31.59%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 25.5g (9.27%), Sugar: 2.88g (3.2%), Cholesterol: 28.35mg (9.45%), Sodium: 1016.51mg (44.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.89%), Fiber: 12.61g (50.46%), Folate: 163.22µg (40.81%), Phosphorus: 377.71mg (37.77%), Calcium: 310.04mg (31%), Vitamin C: 23.58mg (28.59%), Manganese: 0.52mg (25.76%), Potassium: 862.4mg (24.64%), Iron: 4.4mg (24.44%), Copper: 0.46mg (22.83%), Vitamin B2: 0.38mg (22.31%), Vitamin A: 1087.28IU (21.75%), Magnesium: 85.77mg (21.44%), Vitamin K: 20.66µg (19.68%), Zinc: 2.44mg (16.26%), Vitamin B1: 0.24mg (16.25%), Vitamin B3: 3.24mg (16.2%), Selenium: 11.13µg (15.91%), Vitamin B6: 0.28mg (14.08%), Vitamin E: 2.01mg (13.38%), Vitamin B12: 0.44µg (7.37%), Vitamin B5: 0.5mg (5.02%), Vitamin D: 0.17µg (1.13%)