



HEALTH SCORE

57%

Hot Bean Soup



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon chicken powder
- ☐ 2 cups garbanzo beans drained
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 1 cup pinto beans drained
- ☐ 2 cups water

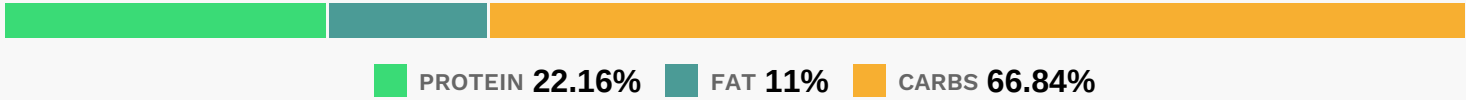
Equipment

- ☐ pot

Directions

- ☐ Place pinto beans and garbanzo beans in a medium sized stock pot with water. Cook for 5 minutes over medium-high heat and then add chicken bouillon granules.
- ☐ Mix well and add hot pepper sauce.
- ☐ Once heated through mash the beans and serve.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:5.91, Inflammation Score:-6, Nutrition Score:13.178260708552%

Nutrients (% of daily need)

Calories: 196.98kcal (9.85%), Fat: 2.47g (3.8%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 23.71g (8.62%), Sugar: 4.17g (4.63%), Cholesterol: 0.06mg (0.02%), Sodium: 138.06mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Folate: 214.74µg (53.69%), Manganese: 1.04mg (51.96%), Fiber: 10.08g (40.32%), Phosphorus: 201.46mg (20.15%), Copper: 0.4mg (20.06%), Iron: 3.27mg (18.16%), Magnesium: 62.21mg (15.55%), Potassium: 426.92mg (12.2%), Vitamin B1: 0.18mg (11.88%), Zinc: 1.69mg (11.24%), Vitamin B6: 0.21mg (10.64%), Selenium: 5.82µg (8.32%), Calcium: 64.35mg (6.43%), Vitamin B2: 0.08mg (4.74%), Vitamin E: 0.69mg (4.61%), Vitamin K: 4.78µg (4.55%), Vitamin B5: 0.33mg (3.28%), Vitamin B3: 0.58mg (2.9%), Vitamin C: 1.6mg (1.94%)