



# Hot Peppered Pinto Soup with Garlic

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 16 ounce pinto beans drained canned
- ☐ 1 tablespoon chili powder
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon hot sauce

- ☐ 2 tablespoons juice of lime fresh
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 teaspoon salt

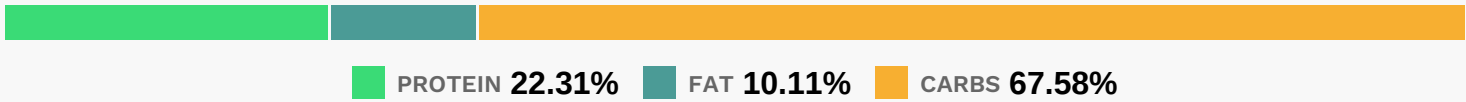
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

## Directions

- ☐ Coat a medium saucepan with cooking spray, and place over medium-high heat until hot.
- ☐ Add onion, bell pepper, and garlic; saut 3 minutes.
- ☐ Add chili powder and next 8 ingredients (chili powder through broth); bring to a boil. Stir in half of beans; cover, reduce heat, and simmer 10 minutes.
- ☐ Place soup in a food processor or blender, and process until smooth. Return to pan; stir in remaining beans. Cook until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:93, Glycemic Load:11.89, Inflammation Score:-9, Nutrition Score:19.563478303992%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 251.52kcal (12.58%), Fat: 3.02g (4.64%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 32.17g (11.7%), Sugar: 4.88g (5.43%), Cholesterol: 0mg (0%), Sodium: 880.56mg (38.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.97%), Fiber: 13.22g (52.88%), Manganese: 1mg (49.75%), Vitamin C: 30.07mg (36.45%), Phosphorus: 291.21mg (29.12%), Iron: 5.12mg (28.44%), Vitamin A: 1406.7IU (28.13%), Potassium: 972.63mg (27.79%), Copper: 0.54mg (26.9%), Magnesium: 93.57mg (23.39%), Vitamin B6: 0.43mg (21.51%), Vitamin E: 3.14mg (20.91%), Vitamin B3: 3.38mg (16.92%), Folate: 66.29µg (16.57%), Calcium: 158.3mg (15.83%), Vitamin K: 14.65µg (13.96%), Zinc: 1.78mg (11.86%), Vitamin B1: 0.17mg (11.48%), Vitamin B2: 0.15mg (8.65%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.15µg (2.48%), Selenium: 1.68µg (2.4%)