



Instant Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce no-salt-added black beans undrained canned
- 1 tablespoon chili powder
- 16 ounce less-sodium chicken broth fat-free canned
- 2.5 tablespoons cilantro leaves fresh chopped
- 5 tablespoons green onions minced
- 5 tablespoons cup heavy whipping cream sour low-fat
- 0.5 cup bottled salsa
- 2 ounces sharp cheddar cheese shredded reduced-fat

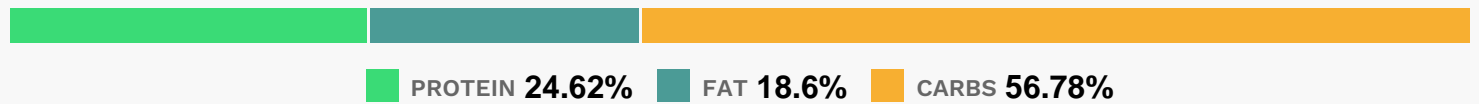
Equipment

- bowl
- sauce pan
- ladle
- potato masher

Directions

- Place beans and liquid in a medium saucepan; partially mash beans with a potato masher.
- Place over high heat; stir in salsa, chili powder, and broth. Bring to a boil. Ladle soup into bowls; top with cheese, sour cream, onions, and cilantro.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:7.83, Inflammation Score:-8, Nutrition Score:20.24652143665%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 304.76kcal (15.24%), Fat: 6.49g (9.99%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 28.6g (10.4%), Sugar: 1.45g (1.61%), Cholesterol: 15.54mg (5.18%), Sodium: 654.71mg (28.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.65%), Folate: 263.51µg (65.88%), Fiber: 15.98g (63.94%), Manganese: 0.83mg (41.67%), Magnesium: 131.77mg (32.94%), Phosphorus: 324.01mg (32.4%), Vitamin B1: 0.45mg (29.73%), Iron: 4.2mg (23.36%), Potassium: 781.11mg (22.32%), Copper: 0.42mg (20.84%), Zinc: 2.54mg (16.96%), Vitamin A: 835.71IU (16.71%), Calcium: 163.66mg (16.37%), Vitamin K: 16.16µg (15.39%), Vitamin B2: 0.21mg (12.49%), Selenium: 8.22µg (11.74%), Vitamin B6: 0.22mg (11.18%), Vitamin B3: 1.89mg (9.45%), Vitamin E: 1.09mg (7.24%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.35µg (5.87%), Vitamin C: 1.8mg (2.18%)