



Italian Sausage Black Bean Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce black beans drained canned
- ☐ 14.5 ounce canned tomatoes whole drained coarsely chopped canned
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 cup celery chopped
- ☐ 21 ounce chicken broth low-sodium canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 6 ounces italian-flavored turkey sausage
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup nonfat cream alternative sour
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons no-salt-added tomato paste

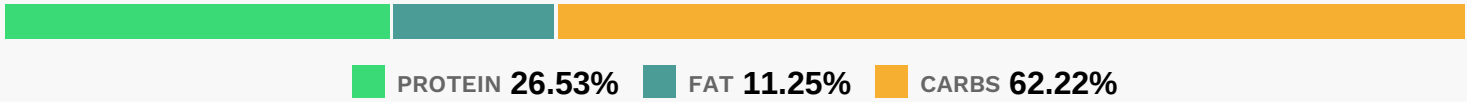
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Crumble sausage in a Dutch oven; add onion, carrot, celery, and garlic. Cook over medium-high heat 5 minutes or until sausage is browned and vegetables are tender, stirring frequently.
- ☐ Add 2 cans black beans, chicken broth, and next 7 ingredients.
- ☐ Place remaining 1 can black beans in a bowl; mash with a fork, and add to soup mixture. Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes or until thickened. Ladle soup into individual bowls. Top each serving with 1 tablespoon sour cream.
- ☐ Garnish with fresh cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:35.98, Glycemic Load:1.98, Inflammation Score:-9, Nutrition Score:18.604347788769%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 233.62kcal (11.68%), Fat: 3.04g (4.68%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 37.89g (12.63%), Net Carbohydrates: 24.93g (9.06%), Sugar: 4.71g (5.23%), Cholesterol: 12.56mg (4.19%), Sodium: 1034.74mg (44.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.3%), Fiber: 12.96g (51.83%), Iron: 6.27mg (34.85%), Vitamin A: 1662.97IU (33.26%), Folate: 114.28µg (28.57%), Phosphorus: 278.53mg (27.85%), Manganese: 0.55mg (27.58%), Potassium: 878.93mg (25.11%), Copper: 0.5mg (24.81%), Vitamin C: 19.1mg (23.16%), Vitamin B1: 0.3mg (20.15%), Magnesium: 79.67mg (19.92%), Vitamin B2: 0.32mg (18.78%), Vitamin B3: 3.69mg (18.45%), Vitamin B6: 0.31mg (15.49%), Selenium: 8.31µg (11.87%), Zinc: 1.7mg (11.34%), Calcium: 112.39mg (11.24%), Vitamin K: 7.66µg (7.29%), Vitamin B5: 0.67mg (6.73%), Vitamin E: 0.92mg (6.14%), Vitamin B12: 0.21µg (3.48%)