



Jamaican Ham and Bean Soup

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups chicken broth (from 32-oz carton)
- 4.5 oz chilis green undrained chopped canned
- 1 lb finely-chopped ham lean cooked cut into 1/2-inch pieces
- 1 teaspoon walkerswood jamaican jerk seasoning dry ()
- 6 lime
- 0.3 cup juice of lime
- 2.3 oz olives ripe drained sliced canned
- 0.3 cup onion frozen chopped

- 32 oz refried beans canned
- 0.5 cup salsa thick (any variety)
- 6 tablespoons cream sour
- 1 tablespoon vegetable oil
- 11 oz corn syrup white undrained canned
- 11 oz corn whole with red and green peppers, undrained canned

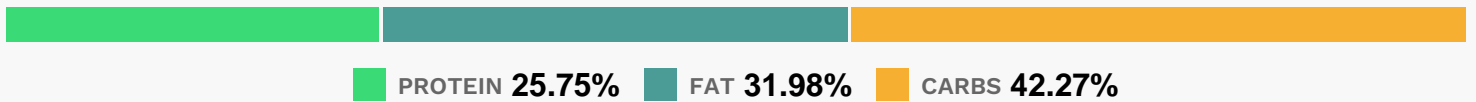
Equipment

- bowl
- sauce pan
- ladle

Directions

- In 3-quart saucepan, heat oil over medium heat.
- Add onion; cook 3 to 4 minutes, stirring frequently, until tender.
- Stir in refried beans, both cans of corn, chiles, salsa, broth and jerk seasoning.
- Heat to boiling. Reduce heat to low; simmer 5 minutes, stirring occasionally.
- Stir in ham, olives and lime juice. Cook 3 to 4 minutes, stirring occasionally, until thoroughly heated. Ladle soup into individual bowls. Top each serving with 1 tablespoon sour cream and lime slice.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:4.27, Inflammation Score:-6, Nutrition Score:16.742173941239%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.45mg,

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 386.85kcal (19.34%), Fat: 13.78g (21.2%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 31.62g (11.5%), Sugar: 10.13g (11.26%), Cholesterol: 63.64mg (21.21%), Sodium: 2485.46mg (108.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.97g (49.94%), Vitamin C: 36.24mg (43.93%), Fiber: 9.37g (37.49%), Vitamin B1: 0.49mg (32.96%), Phosphorus: 318.15mg (31.82%), Selenium: 16.61µg (23.73%), Vitamin B3: 4.6mg (23.01%), Vitamin B12: 1.1µg (18.41%), Vitamin B6: 0.36mg (17.86%), Vitamin B2: 0.3mg (17.58%), Iron: 3.02mg (16.76%), Potassium: 557.77mg (15.94%), Zinc: 2.31mg (15.43%), Manganese: 0.25mg (12.67%), Vitamin B5: 1.21mg (12.05%), Magnesium: 47.74mg (11.94%), Folate: 44.81µg (11.2%), Calcium: 97.96mg (9.8%), Vitamin A: 484.47IU (9.69%), Copper: 0.19mg (9.31%), Vitamin E: 1.15mg (7.66%), Vitamin K: 6.13µg (5.83%)