



Jamaican Ham and Bean Soup

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup onion frozen chopped
- ☐ 16 oz refried beans traditional canned
- ☐ 11 oz corn whole with red and green peppers, undrained canned
- ☐ 11 oz corn syrup white undrained canned
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 0.5 cup salsa thick
- ☐ 1.8 cups chicken broth (from 32-oz carton)

- ☐ 1 teaspoon walkerswood jamaican jerk seasoning dry ()
- ☐ 1 lb finely-chopped ham lean cooked cut into 1/2-inch pieces
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 0.3 cup juice of lime
- ☐ 6 tablespoons cream sour
- ☐ 6 lime

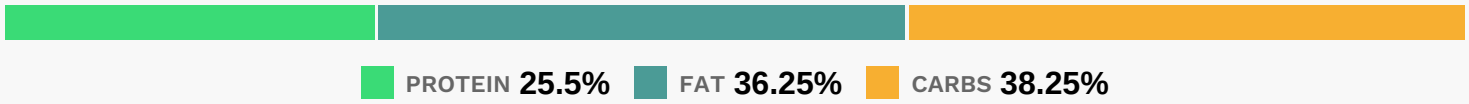
Equipment

- ☐ 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:2.31, Inflammation Score:-6, Nutrition Score:15.765217345694%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg 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: 335.7kcal (16.79%), Fat: 13.77g (21.19%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 26.54g (9.65%), Sugar: 8.24g (9.16%), Cholesterol: 63.64mg (21.21%), Sodium: 2041.39mg (88.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Vitamin C: 35.43mg (42.95%), Vitamin B1: 0.49mg (32.94%), Phosphorus: 317.89mg (31.79%), Fiber: 6.16g (24.63%), Selenium: 16.6µg (23.72%), Vitamin B3: 4.59mg (22.94%), Vitamin B12: 1.1µg (18.41%), Vitamin B6: 0.35mg (17.72%), Vitamin B2: 0.3mg (17.54%), Potassium: 555.1mg (15.86%), Zinc: 2.31mg (15.41%), Iron: 2.3mg (12.81%), Manganese: 0.25mg (12.67%), Vitamin B5: 1.2mg (12.03%), Magnesium: 47.65mg (11.91%), Folate: 43.53µg (10.88%), Copper: 0.19mg (9.31%), Vitamin A: 418.74IU (8.37%), Vitamin E: 1.15mg (7.66%), Calcium: 72.16mg (7.22%), Vitamin K: 6.13µg (5.83%)