



## Mexican Bean and Squash Soup

 Vegetarian  Gluten Free

READY IN



82 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups butternut squash peeled seeded cut into 3/4-inch chunks
- 15.5 ounce .5 can cannellini beans drained canned
- 15 ounce canned tomatoes diced canned
- 0.5 cup carrots finely chopped
- 0.3 cup celery finely chopped
- 2 quarts chicken broth
- 2 chipotle peppers in adobo sauce canned minced seeded
- 1 teaspoon cumin

- 1 tablespoon basil leaves fresh chopped
- 1 cup corn kernels fresh frozen canned
- 1 tablespoon parsley fresh chopped
- 3 cloves garlic minced
- 2 limes cut into wedges
- 2 tablespoons olive oil
- 8 ounce mexican blend cheese shredded for topping
- 1 cup cup heavy whipping cream sour for topping
- 10 ounce tortilla chips for topping
- 1 small onion yellow finely chopped

## Equipment

- bowl
- ladle
- pot

## Directions

- Heat the olive oil in a deep pot over medium-high heat. Stir in the squash, and cook until it begins to soften, 5 to 7 minutes.
- Add the onion, celery, and carrots. Cook until the onion is transparent, about 5 minutes. Stir in the garlic, chipotle peppers, basil, parsley, and cumin; cook 2 minutes more.
- Mix in the tomatoes and chicken broth. Reduce the heat to medium, and simmer until the vegetables are tender, about 30 minutes. Stir in the cannellini beans and the corn; cook just until heated through.
- To serve, ladle the soup into bowls. Squeeze lime juice over each bowl, and top with tortilla chips, a dollop of sour cream, and a sprinkling of Mexican cheese.

## Nutrition Facts



PROTEIN 13.58%  FAT 44.51%  CARBS 41.91%

## Properties

Glycemic Index:42.98, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:23.568695770658%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 499.38kcal (24.97%), Fat: 25.71g (39.56%), Saturated Fat: 9.38g (58.62%), Carbohydrates: 54.48g (18.16%), Net Carbohydrates: 46.52g (16.92%), Sugar: 8.37g (9.3%), Cholesterol: 48.63mg (16.21%), Sodium: 1261.74mg (54.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.29%), Vitamin A: 5658.38IU (113.17%), Calcium: 355.19mg (35.52%), Phosphorus: 342.4mg (34.24%), Manganese: 0.66mg (32.84%), Fiber: 7.96g (31.84%), Magnesium: 104.14mg (26.03%), Vitamin K: 26.89µg (25.61%), Vitamin C: 20.9mg (25.34%), Vitamin E: 3.76mg (25.06%), Potassium: 820.56mg (23.44%), Vitamin B2: 0.38mg (22.51%), Iron: 4.05mg (22.48%), Vitamin B1: 0.29mg (19.11%), Folate: 75.99µg (19%), Copper: 0.37mg (18.4%), Zinc: 2.59mg (17.24%), Vitamin B6: 0.33mg (16.56%), Selenium: 9.61µg (13.73%), Vitamin B3: 2.49mg (12.44%), Vitamin B5: 1.21mg (12.14%), Vitamin B12: 0.46µg (7.61%)