



Moira Mitchell's Quick and Easy Taco Soup

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black beans drained and rinsed canned
- ☐ 30.5 ounce regular corn with red and green peppers mexican-style canned
- ☐ 10 ounce chunky salsa
- ☐ 8 ounce mexican cheese blend shredded
- ☐ 8 ounce tortilla chips
- ☐ 14 ounce vegetable broth swanson® canned (such as)

Equipment

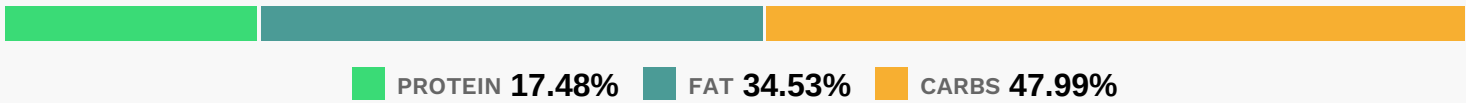
- ☐ bowl

- ☐ ladle
- ☐ pot

Directions

- ☐ Combine vegetable broth, corn, black beans, and salsa in a pot over medium-high heat. Bring to a boil and cook until heated through, about 5 minutes.
- ☐ Crush tortilla chips into individual bowls and top with Mexican cheese. Ladle soup over chips and cheese.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:20.534782593665%

Flavonoids

Luteolin: 5.09mg, Luteolin: 5.09mg, Luteolin: 5.09mg, Luteolin: 5.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 366.42kcal (18.32%), Fat: 14.51g (22.32%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 34.02g (12.37%), Sugar: 4.94g (5.48%), Cholesterol: 26.93mg (8.98%), Sodium: 1107.46mg (48.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.05%), Vitamin C: 90.44mg (109.63%), Fiber: 11.34g (45.37%), Phosphorus: 335.73mg (33.57%), Calcium: 274.81mg (27.48%), Vitamin B6: 0.43mg (21.55%), Manganese: 0.43mg (21.29%), Magnesium: 84.23mg (21.06%), Folate: 84.16µg (21.04%), Potassium: 683.7mg (19.53%), Vitamin B1: 0.27mg (17.94%), Iron: 3.13mg (17.41%), Vitamin A: 867.6IU (17.35%), Copper: 0.33mg (16.65%), Vitamin B2: 0.28mg (16.42%), Vitamin K: 16.12µg (15.35%), Zinc: 2.03mg (13.53%), Vitamin E: 1.9mg (12.69%), Selenium: 7.2µg (10.29%), Vitamin B3: 1.84mg (9.22%), Vitamin B5: 0.78mg (7.81%), Vitamin B12: 0.35µg (5.81%)