



Patty's Mom's Black Bean Soup



Gluten Free



Dairy Free

READY IN



710 min.

SERVINGS



6

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups black beans dry
- ☐ 3 stalks celery chopped
- ☐ 0.7 cup cooking sherry dry
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 ham bone smoked with some meat on it)
- ☐ 1 tablespoon butter

- ☐ 3 onions chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 cups water

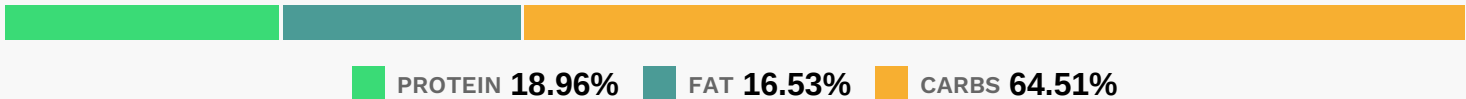
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Soak the beans overnight in a pan of water.
- ☐ Drain off the soaking water. Simmer beans in 8 cups of water until soft.
- ☐ While the beans are cooking, saute the chopped onion and celery in margarine until golden.
- ☐ Add the vegetables to the soup pot along with bay leaves, parsley, salt, pepper, and ham bone. Cook over medium heat for 3 hours, adding water if needed.
- ☐ After the beans are cooked and soft, remove the ham. Set aside. Cool soup, and puree in batches. Return the soup to the pot, and add dry sherry.
- ☐ Cut the meat off the bone, and add the meat to the soup. Cook over low heat until warmed through, and adjust seasonings.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:3.92, Inflammation Score:-7, Nutrition Score:8.3334783772412%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 139.74kcal (6.99%), Fat: 2.29g (3.53%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 13.85g (5.04%), Sugar: 2.86g (3.18%), Cholesterol: 0.08mg (0.03%), Sodium: 254.09mg (11.05%), Alcohol: 2.75g (100%), Alcohol %: 0.73% (100%), Protein: 5.92g (11.83%), Folate: 104.45µg (26.11%), Fiber: 6.28g (25.14%), Manganese: 0.39mg (19.35%), Vitamin K: 17.19µg (16.37%), Magnesium: 54.23mg (13.56%), Vitamin B1: 0.17mg (11.44%), Phosphorus: 107.23mg (10.72%), Potassium: 360.66mg (10.3%), Copper: 0.2mg (10.1%), Iron: 1.5mg (8.31%), Vitamin C: 5.6mg (6.78%), Vitamin B6: 0.14mg (6.76%), Zinc: 0.84mg (5.58%), Calcium: 50.21mg (5.02%), Vitamin A: 236.25IU (4.73%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.27mg (2.73%), Vitamin B3: 0.46mg (2.28%), Selenium: 1.07µg (1.53%)