



Pumpkin and Black Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce black beans rinsed drained canned (and)
- ☐ 14 ounce canned tomatoes chopped canned ()
- ☐ 4 cups chicken stock see
- ☐ 1 tablespoon chipotle chili powder
- ☐ 1 handful cilantro leaves chopped (, optional)
- ☐ 1 tablespoon cumin toasted (and ground)
- ☐ 4 cloves garlic chopped ()
- ☐ 1 tablespoon oil

- ☐ 1 onion chopped ()
- ☐ 2 cups pumpkin puree
- ☐ 1 handful pumpkin seeds toasted
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup cooking sherry dry white dry (or wine)

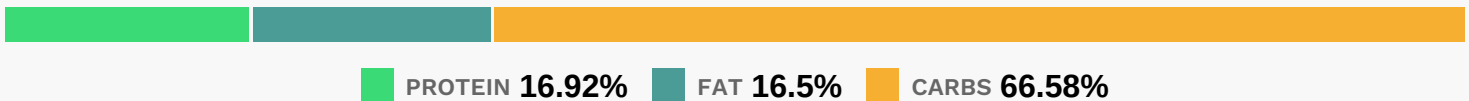
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, cumin, chili powder, salt and pepper and saute until fragrant, about a minute.
- ☐ Add the broth, pumpkin, black beans, tomatoes and sherry and simmer for 30 minutes.
- ☐ Remove from heat and puree to the desired consistency.
- ☐ Serve garnished with cilantro and toasted pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:25.816956271296%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 279.29kcal (13.96%), Fat: 5.3g (8.16%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 31.97g (11.62%), Sugar: 11.94g (13.26%), Cholesterol: 0mg (0%), Sodium: 1826.14mg (79.4%), Alcohol: 1.54g (100%), Alcohol %: 0.3% (100%), Protein: 12.23g (24.46%), Vitamin A: 20464.33IU (409.29%), Fiber: 16.16g (64.63%), Manganese: 0.88mg (44.06%), Iron: 7.08mg (39.35%), Copper: 0.63mg (31.51%), Vitamin K: 32.89µg (31.32%), Potassium: 1093.75mg (31.25%), Folate: 116.68µg (29.17%), Magnesium: 110.37mg (27.59%), Vitamin E: 4mg (26.68%), Vitamin C: 21.28mg (25.8%), Phosphorus: 252.37mg (25.24%), Vitamin B1: 0.33mg (21.83%), Vitamin B6: 0.42mg (20.97%), Vitamin B2: 0.32mg (18.71%), Calcium: 147.29mg (14.73%), Vitamin B3: 2.89mg (14.45%), Vitamin B5: 1.1mg (10.97%), Zinc: 1.49mg (9.91%), Selenium: 3.93µg (5.62%)