



Pumpkin-Black Bean Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 30 ounce black beans drained and rinsed canned
- ☐ 1.5 cups tomatoes diced canned drained
- ☐ 15 ounce pumpkin canned
- ☐ 2 tablespoons cooking sherry dry
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup green onions sliced

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion finely chopped
- ☐ 4 ounces queso fresco crumbled
- ☐ 2 tablespoons sherry vinegar

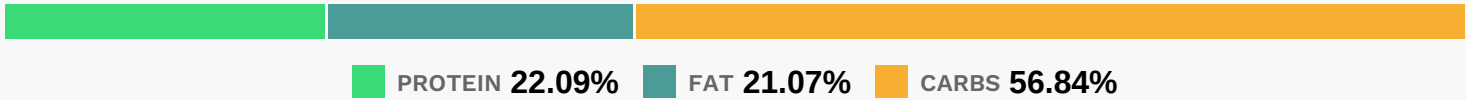
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Place tomatoes and beans in a food processor; process until about half the beans are smooth. Set aside.
- ☐ Heat oil in a Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add onion to pan; saut 5 minutes or until lightly browned.
- ☐ Add cumin and garlic; saut 1 minute.
- ☐ Add bean mixture, broth, and next 3 ingredients (through pumpkin); bring to a boil. Cover, reduce heat, and simmer for 20 minutes. Stir in sherry. Ladle about 1 cup soup into each of 6 bowls; sprinkle each serving with about 2 tablespoons queso fresco and about 1 tablespoon green onions.
- ☐ Garnish with pumpkinseed kernels, if desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:23.080434778462%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg

Nutrients (% of daily need)

Calories: 257.85kcal (12.89%), Fat: 6.19g (9.52%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 24.13g (8.77%), Sugar: 6.34g (7.04%), Cholesterol: 13.04mg (4.35%), Sodium: 1244.25mg (54.1%), Alcohol: 0.51g (100%), Alcohol %: 0.14% (100%), Protein: 14.6g (29.2%), Vitamin A: 11347.46IU (226.95%), Fiber: 13.44g (53.77%), Manganese: 0.63mg (31.39%), Vitamin K: 31.42µg (29.92%), Phosphorus: 294.75mg (29.47%), Folate: 115.32µg (28.83%), Iron: 4.97mg (27.59%), Potassium: 854.91mg (24.43%), Copper: 0.45mg (22.5%), Calcium: 220.66mg (22.07%), Magnesium: 86.43mg (21.61%), Vitamin C: 17.43mg (21.13%), Vitamin B1: 0.29mg (19.12%), Vitamin B2: 0.32mg (18.77%), Vitamin B6: 0.29mg (14.53%), Selenium: 8.82µg (12.61%), Vitamin B3: 2.33mg (11.64%), Zinc: 1.62mg (10.82%), Vitamin E: 1.39mg (9.29%), Vitamin B12: 0.54µg (9.08%), Vitamin B5: 0.89mg (8.88%), Vitamin D: 0.51µg (3.4%)