



Quick Black Bean Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black beans divided rinsed drained canned
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 ounces ham finely chopped reduced-fat such as Hormel
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup water

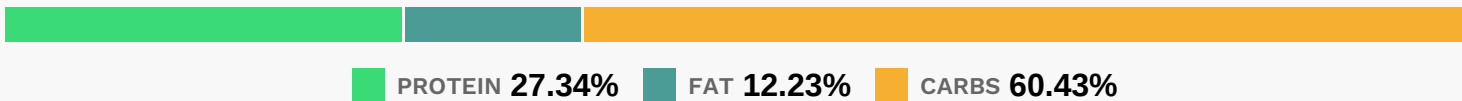
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a large saucepan.
- ☐ Add 1 1/2 cans beans; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Place bean mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a clean towel over opening in lid (to avoid splatters). Blend until smooth. Return soup to pan.
- ☐ Add remaining 1/2 can of beans to pan; cook 2 minutes. Stir in juice; set aside.
- ☐ Heat a small nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add ham to pan; cook 2 minutes or until lightly browned. Ladle 1 cup soup into each of 4 bowls; top each serving with 1 tablespoon ham.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:15.63260887952%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 238.8kcal (11.94%), Fat: 3.31g (5.09%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 21.85g (7.94%), Sugar: 0.64g (0.71%), Cholesterol: 8.79mg (2.93%), Sodium: 1392.61mg (60.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Fiber: 14.94g (59.75%), Folate: 133.45µg (33.36%), Phosphorus: 276.99mg (27.7%), Manganese: 0.54mg (27.04%), Vitamin B1: 0.4mg (26.57%), Iron: 4.67mg (25.93%), Copper: 0.45mg (22.53%), Potassium: 754.16mg (21.55%), Magnesium: 81.47mg (20.37%), Vitamin B2: 0.31mg (18.42%), Vitamin B3: 2.55mg (12.77%), Selenium: 8.25µg (11.79%), Zinc: 1.54mg (10.3%), Vitamin B6: 0.2mg (10.14%), Vitamin C: 7.36mg (8.93%), Calcium: 87.31mg (8.73%), Vitamin B5: 0.59mg (5.9%), Vitamin B12: 0.29µg (4.82%), Vitamin A: 68.32IU (1.37%)