



Quick Black Bean Soup

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cooking oil
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 1 cup finely-chopped ham cooked finely chopped
- ☐ 31 oz refried beans with lime juice canned
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon chili powder
- ☐ 1.5 cups water

- ☐ 2 tablespoons cream sour
- ☐ 2 tablespoons cilantro leaves fresh chopped

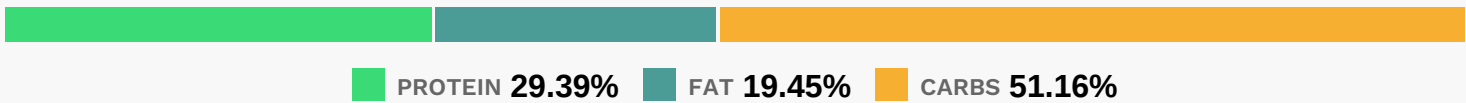
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in 3-quart saucepan over medium heat until hot.
- ☐ Add bell pepper and onion; cook and stir 2 to 3 minutes or until crisp-tender.
- ☐ Add all remaining ingredients except sour cream and cilantro; mix well. Cook over medium heat for about 5 minutes or until thoroughly heated, stirring frequently. Top individual servings with a dollop of sour cream.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:5.94, Inflammation Score:-4, Nutrition Score:7.6760869129844%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 218.49kcal (10.92%), Fat: 4.4g (6.76%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 16.2g (5.89%), Sugar: 6.59g (7.32%), Cholesterol: 24.16mg (8.05%), Sodium: 1891.74mg (82.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Fiber: 9.81g (39.23%), Vitamin C: 22.41mg (27.16%), Iron: 2.36mg (13.08%), Vitamin B1: 0.17mg (11.13%), Phosphorus: 94.52mg (9.45%), Calcium: 88.22mg (8.82%), Selenium: 5.92µg (8.46%), Vitamin A: 376.47IU (7.53%), Vitamin B12: 0.41µg (6.85%), Vitamin B6: 0.13mg (6.7%), Vitamin B3: 1.14mg (5.71%), Vitamin B2: 0.09mg (5.17%), Zinc: 0.71mg (4.75%), Potassium: 140.05mg (4%), Copper: 0.07mg (3.34%), Vitamin B5: 0.3mg (3.01%), Vitamin K: 3.11µg (2.96%), Manganese: 0.06mg (2.77%), Magnesium: 10.71mg (2.68%), Vitamin E: 0.37mg (2.46%), Folate: 5.16µg (1.29%)