

Salsa Bean Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 45 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon chipotle chile powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 8 ounce salsa
- ☐ 1 teaspoon vegetable oil

☐ 2 cups water

Equipment

☐ frying pan

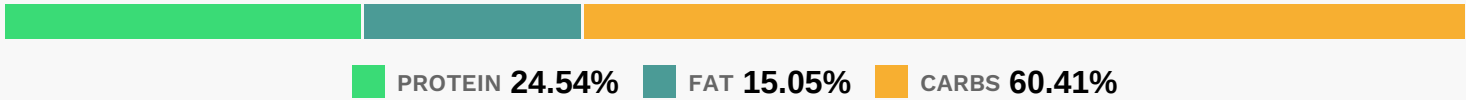
☐ sauce pan

☐ blender

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add garlic; saut 1 minute. Stir in water, chipotle powder, beans, and salsa. Bring to a boil; reduce heat, and simmer 1 minute.
- ☐ Place 3 cups of black bean mixture in a blender; process until smooth. Return pureed mixture to pan. Stir in lime juice; simmer 10 minutes.
- ☐ Remove from heat; stir in cilantro.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:24.30826111721%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 378.5kcal (18.92%), Fat: 6.51g (10.02%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 58.79g (19.6%), Net Carbohydrates: 35.44g (12.89%), Sugar: 2.6g (2.89%), Cholesterol: 12.62mg (4.21%), Sodium: 1689.77mg (73.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.88g (47.76%), Fiber: 23.35g (93.41%), Folate: 201.1µg (50.27%), Manganese: 0.88mg (44.03%), Phosphorus: 432.75mg (43.27%), Iron: 6.5mg (36.13%), Copper: 0.69mg

(34.47%), Potassium: 1169.92mg (33.43%), Vitamin B1: 0.48mg (31.88%), Magnesium: 126.9mg (31.72%), Vitamin B2: 0.46mg (27.3%), Calcium: 245.45mg (24.54%), Vitamin B6: 0.34mg (16.87%), Zinc: 2.33mg (15.53%), Vitamin C: 12.52mg (15.18%), Vitamin B3: 2.68mg (13.4%), Vitamin A: 531.09IU (10.62%), Vitamin K: 11.09µg (10.56%), Selenium: 7.27µg (10.38%), Vitamin B5: 0.77mg (7.69%), Vitamin E: 0.88mg (5.88%), Vitamin B12: 0.12µg (1.96%)