



 **64%**  
HEALTH SCORE

## Santa Fe Bean Soup

 **Gluten Free**  **Very Healthy**

READY IN



**40 min.**

SERVINGS



**5**

CALORIES



**856 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 42.8 ounce no-salt-added beef broth canned
- 10 ounce canned tomatoes green undrained chopped canned
- 15 ounce no-salt-added kidney beans red drained canned
- 1 teaspoon liquid smoke
- 16 ounce no-salt-added pinto beans drained canned
- 4 ounces sharp cheddar cheese shredded reduced-fat
- 6 ounce no-salt-added tomato paste canned

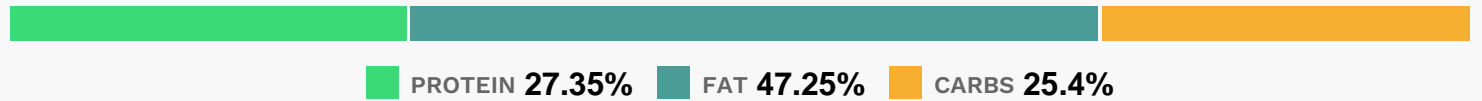
### Equipment

- bowl
- ladle
- dutch oven

## Directions

- Combine first 6 ingredients in a large Dutch oven. Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes. To serve, ladle soup into individual bowls; sprinkle evenly with cheese.

## Nutrition Facts



## Properties

Glycemic Index:32.96, Glycemic Load:11.35, Inflammation Score:-9, Nutrition Score:46.929565852103%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

## Nutrients (% of daily need)

Calories: 856.24kcal (42.81%), Fat: 45.16g (69.48%), Saturated Fat: 16.06g (100.38%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 37.71g (13.71%), Sugar: 7.29g (8.1%), Cholesterol: 153.57mg (51.19%), Sodium: 3446.62mg (149.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.81g (117.63%), Vitamin C: 79.86mg (96.8%), Selenium: 61.26µg (87.51%), Vitamin B12: 4.55µg (75.92%), Folate: 294.93µg (73.73%), Phosphorus: 687.97mg (68.8%), Fiber: 16.93g (67.72%), Zinc: 9.91mg (66.05%), Vitamin B6: 1.19mg (59.35%), Iron: 10.28mg (57.11%), Vitamin B3: 11.4mg (57.01%), Potassium: 1986.72mg (56.76%), Manganese: 1.07mg (53.69%), Copper: 0.91mg (45.33%), Vitamin B2: 0.67mg (39.27%), Magnesium: 149.32mg (37.33%), Vitamin B1: 0.48mg (32.33%), Calcium: 274.38mg (27.44%), Vitamin E: 3.22mg (21.47%), Vitamin B5: 2.06mg (20.59%), Vitamin A: 867.95IU (17.36%), Vitamin K: 17.75µg (16.9%)