



## Santa Fe Ravioli Soup

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans rinsed drained canned
- 9 ounce cheese ravioli light fresh (such as Buitoni)
- 31.5 ounce less-sodium chicken broth fat-free canned
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 1 cup salsa refrigerated (such as Melissa's)

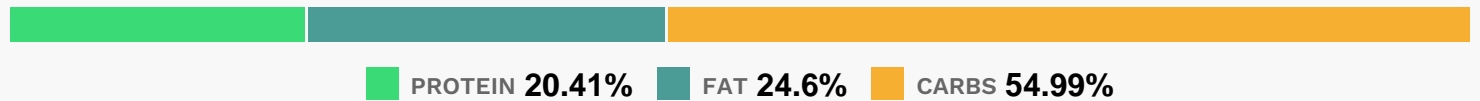
### Equipment

- sauce pan

## Directions

- Bring broth to a boil in a large saucepan. Reduce heat to low; add ravioli and simmer 5 minutes or until almost tender.
- Add salsa and beans; cook 5 minutes or until thoroughly heated.
- Remove from heat.
- Garnish with sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:9.55, Inflammation Score:-5, Nutrition Score:13.267826139927%

## Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 356.71kcal (17.84%), Fat: 9.87g (15.19%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 39.3g (14.29%), Sugar: 4.13g (4.59%), Cholesterol: 39.48mg (13.16%), Sodium: 2153.69mg (93.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.87%), Iron: 9.29mg (51.63%), Fiber: 10.36g (41.43%), Folate: 71.88µg (17.97%), Manganese: 0.35mg (17.5%), Phosphorus: 170.86mg (17.09%), Potassium: 597.8mg (17.08%), Copper: 0.29mg (14.67%), Vitamin B3: 2.65mg (13.27%), Vitamin B1: 0.19mg (12.91%), Magnesium: 50.89mg (12.72%), Vitamin B2: 0.21mg (12.6%), Selenium: 7.33µg (10.48%), Vitamin B6: 0.21mg (10.42%), Calcium: 98.03mg (9.8%), Vitamin A: 430.88IU (8.62%), Vitamin B12: 0.51µg (8.45%), Vitamin B5: 0.6mg (6.01%), Vitamin E: 0.86mg (5.74%), Vitamin K: 5.9µg (5.62%), Zinc: 0.83mg (5.5%), Vitamin C: 4.5mg (5.46%)