



WHATSheATE



Sausage and Black Bean Soup



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



16

CALORIES



56 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 14.3 ounce chicken broth fat-free reduced-sodium canned
- ☐ 0.3 cup picante sauce
- ☐ 6 ounces turkey kielbasa sausage sliced
- ☐ 1 cup bell pepper diced sweet green red yellow

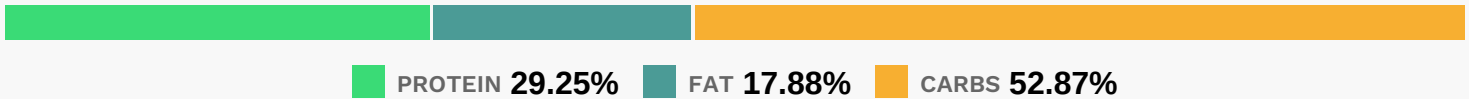
Equipment

- ☐ sauce pan

Directions

- ☐ Coat a medium saucepan with cooking spray; place over medium-high heat until hot.
- ☐ Add sausage, and saute 1 minute or until sausage begins to brown.
- ☐ Add pepper; saute 1 minute.
- ☐ Add broth; bring to a boil. Reduce heat to low; add beans and picante sauce, and simmer, covered, 5 minutes. Top with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:5.0117390758317%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 56.49kcal (2.82%), Fat: 1.15g (1.77%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 4.99g (1.81%), Sugar: 0.92g (1.03%), Cholesterol: 5.63mg (1.88%), Sodium: 257.7mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Vitamin C: 15.23mg (18.46%), Folate: 45.15µg (11.29%), Fiber: 2.68g (10.71%), Iron: 1.67mg (9.28%), Manganese: 0.14mg (6.79%), Vitamin A: 327.98IU (6.56%), Phosphorus: 63.37mg (6.34%), Magnesium: 23.24mg (5.81%), Vitamin B1: 0.08mg (5.37%), Vitamin B6: 0.1mg (4.83%), Selenium: 3.28µg (4.69%), Potassium: 153mg (4.37%), Vitamin B3: 0.8mg (4.01%), Copper: 0.08mg (3.82%), Zinc: 0.56mg (3.74%), Vitamin B2: 0.05mg (2.86%), Vitamin B12: 0.1µg (1.6%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.13mg (1.32%), Calcium: 12.21mg (1.22%)