



 **27%**
HEALTH SCORE

Smoky Black-Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce black beans divided rinsed drained canned
- 0.3 teaspoon chipotle chili powder
- 14 ounce fat-skimmed beef broth fat-free canned
- 1 teaspoon garlic minced
- 4 ounce ham diced
- 0.3 teaspoon kosher salt
- 2 teaspoons olive oil
- 1 medium onion diced

- 0.5 cup water
- 1 medium zucchini diced

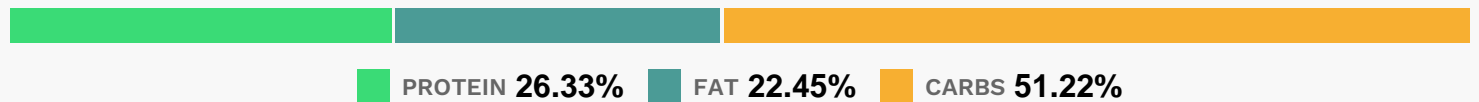
Equipment

- bowl
- sauce pan
- blender

Directions

- Heat olive oil in a large saucepan over medium-high heat.
- Add diced ham, and cook 2 minutes or until lightly browned.
- Add onion and zucchini; cover and cook 4 minutes, stirring occasionally. Stir in minced garlic and chipotle chili powder; cook 30 seconds.
- Add chicken broth, 1/2 cup black beans, and salt.
- Puree remaining beans with 1/2 cup water in a blender until smooth; stir into soup, and bring to a boil. Reduce heat, and simmer 2 minutes. Divide soup evenly among 4 bowls.
- Garnish with sour cream and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:19.318695788798%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 304.82kcal (15.24%), Fat: 7.75g (11.92%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 24.06g (8.75%), Sugar: 2.56g (2.84%), Cholesterol: 17.58mg (5.86%), Sodium: 1712.86mg

(74.47%), Alcohol: Og (100%), Protein: 20.43g (40.86%), Fiber: 15.69g (62.75%), Folate: 148.58µg (37.15%), Vitamin B1: 0.51mg (34.1%), Phosphorus: 329.33mg (32.93%), Manganese: 0.65mg (32.38%), Potassium: 939.26mg (26.84%), Iron: 4.71mg (26.17%), Copper: 0.5mg (24.78%), Magnesium: 93.04mg (23.26%), Vitamin B2: 0.39mg (23.18%), Vitamin C: 16.78mg (20.34%), Vitamin B6: 0.36mg (18.17%), Vitamin B3: 3.41mg (17.05%), Selenium: 11.75µg (16.79%), Zinc: 2.05mg (13.64%), Calcium: 97.3mg (9.73%), Vitamin B5: 0.78mg (7.79%), Vitamin B12: 0.38µg (6.33%), Vitamin K: 3.57µg (3.4%), Vitamin E: 0.5mg (3.35%), Vitamin A: 144.18IU (2.88%), Vitamin D: 0.2µg (1.32%)