



Smoky Black Bean Soup with Avocado-Lime Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



134 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce black beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 teaspoon ground cumin
- 4 servings avocado-lime salsa
- 0.5 cup chipotle salsa
- 1 cup water

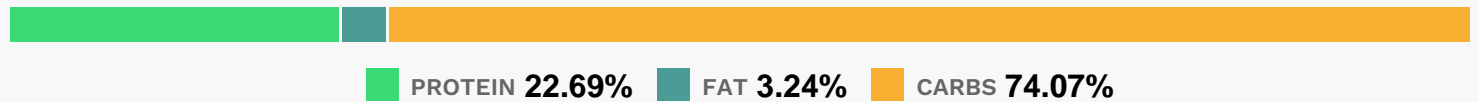
Equipment

- bowl
- sauce pan
- ladle
- potato masher

Directions

- Place beans in a medium saucepan. Mash beans slightly with a potato masher. Stir in water and next 3 ingredients. Cover and bring to a boil over high heat; reduce heat, and simmer 8 minutes. Uncover, and cook 2 minutes or until soup is slightly thickened. Ladle soup evenly into each of 4 bowls; top evenly with Avocado-Lime Salsa, and, if desired, sour cream.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:9.0043477960255%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 133.78kcal (6.69%), Fat: 0.5g (0.76%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 16.53g (6.01%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 783.63mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Fiber: 8.96g (35.84%), Iron: 3.09mg (17.14%), Folate: 66.76µg (16.69%), Manganese: 0.3mg (15.08%), Phosphorus: 128.97mg (12.9%), Potassium: 427.37mg (12.21%), Copper: 0.24mg (12.18%), Vitamin A: 581.17IU (11.62%), Magnesium: 44.93mg (11.23%), Vitamin B1: 0.17mg (11.03%), Vitamin C: 7.41mg (8.99%), Calcium: 85.88mg (8.59%), Vitamin B2: 0.14mg (8.29%), Vitamin B6: 0.12mg (6.04%), Vitamin B3: 1.06mg (5.3%), Zinc: 0.68mg (4.51%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.28mg (2.76%), Selenium: 1.73µg (2.47%), Vitamin K: 1.43µg (1.37%)