






 **53%**
HEALTH SCORE

Sola's New Year's Soup

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

READY IN

55 min.

SERVINGS

12

CALORIES

290 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 10 ounce bell pepper frozen
- 10 ounce bell pepper frozen
- 30 ounce black beans drained canned
- 12 servings pepper black to taste
- 15 ounce blackeyed peas rinsed drained canned
- 1 cube chicken bouillon
- 10.5 ounce chicken broth canned
- 1 teaspoon chili powder

- 4 cloves garlic minced
- 0.5 cup rice long grain uncooked
- 0.5 cup rice long grain uncooked
- 1 tablespoon olive oil
- 1 large onion chopped
- 16 ounce salsa
- 3 cups water
- 1 cup corn sweet white

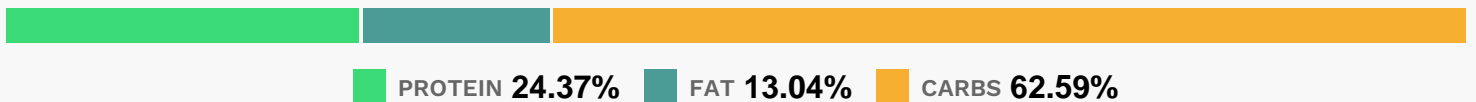
Equipment

- pot

Directions

- Heat the olive oil in a deep pot over medium-high heat. Stir in the onion, garlic, and bell peppers; cook until onions are transparent and peppers are soft, about 10 minutes. Season to taste with black pepper. Stir in the corn, salsa, chili powder, black beans, black-eyed peas, chicken stock, chicken bouillon cube, water, and rice. Bring to a boil, then reduce heat to medium and simmer at least 30 minutes until the rice is tender.

Nutrition Facts



Properties

Glycemic Index:33.49, Glycemic Load:14.96, Inflammation Score:-8, Nutrition Score:20.901739130435%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 289.92kcal (14.5%), Fat: 4.3g (6.61%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 35.48g (12.9%), Sugar: 5.75g (6.39%), Cholesterol: 12.4mg (4.13%), Sodium: 379.18mg (16.49%), Protein: 18.08g (36.16%), Vitamin C: 63.28mg (76.71%), Folate: 209.71µg (52.43%), Fiber: 10.97g (43.87%), Manganese: 0.82mg (40.81%), Vitamin A: 1798.34IU (35.97%), Phosphorus: 250.26mg (25.03%), Magnesium: 94.15mg (23.54%), Vitamin B1: 0.31mg (20.95%), Vitamin B6: 0.41mg (20.49%), Potassium: 657.85mg (18.8%), Iron: 3.33mg (18.51%), Copper: 0.35mg (17.43%), Zinc: 2.36mg (15.73%), Selenium: 9.29µg (13.27%), Vitamin B3: 2.52mg (12.6%), Vitamin E: 1.65mg (11%), Vitamin B2: 0.16mg (9.38%), Vitamin B5: 0.83mg (8.25%), Vitamin K: 6.25µg (5.95%), Calcium: 57.18mg (5.72%), Vitamin B12: 0.25µg (4.13%)