



 **52%**
HEALTH SCORE

Sopa Seca With Beans

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce kidney beans drained and rinsed canned
- 14 ounce canned tomatoes diced canned
- 1 poblano chile pepper seeded sliced
- 1 teaspoon chili powder
- 0.5 cup cilantro leaves loosely packed chopped
- 2 cups chicken broth fat-free low-sodium
- 0.5 teaspoon ground cumin
- 4 servings kosher salt

- 0.5 cup monterrey jack cheese shredded
- 1 tablespoon olive oil extra-virgin
- 1 onion halved thinly sliced
- 8 ounces pasta like spaghetti whole-wheat

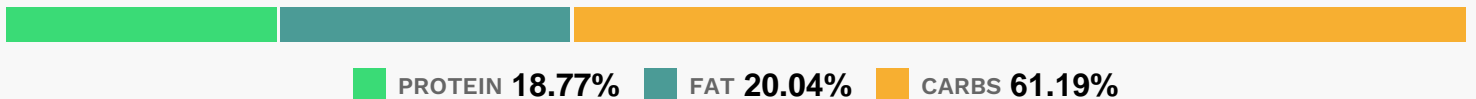
Equipment

- bowl
- frying pan

Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Add the onion and poblano and cook, stirring occasionally, until slightly soft, about 3 minutes.
- Add the chili powder, cumin and 1/2 teaspoon salt and cook 2 more minutes.
- Add the uncooked spaghetti and cook, stirring occasionally, until slightly toasted, about 5 minutes.
- Add the tomatoes and simmer until some of the liquid is absorbed, about 2 minutes.
- Add the chicken broth and increase the heat to high; bring to a boil and cook 1 minute. Reduce the heat to medium low, cover and simmer until the spaghetti is almost fully cooked, about 6 more minutes. Uncover and stir in the beans and all but 2 tablespoons of the cilantro; continue simmering until the spaghetti is tender and most of the liquid is absorbed, about 3 more minutes. Divide the pasta and beans among bowls and top with the remaining cilantro and the cheese. Per serving: Calories 420; Fat 10g (Saturated 3g); Cholesterol 28mg; Sodium 635mg; Carbohydrate 65g; Fiber 17g; Protein 22g
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:5.61, Inflammation Score:-8, Nutrition Score:24.296956624674%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 422.77kcal (21.14%), Fat: 9.85g (15.16%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 67.72g (22.57%), Net Carbohydrates: 60.47g (21.99%), Sugar: 6.29g (6.99%), Cholesterol: 12.57mg (4.19%), Sodium: 736.89mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.54%), Manganese: 2.12mg (106%), Selenium: 44.8µg (64%), Phosphorus: 367.21mg (36.72%), Vitamin C: 29.1mg (35.27%), Magnesium: 123.75mg (30.94%), Fiber: 7.25g (29.01%), Vitamin B1: 0.42mg (27.85%), Vitamin B3: 5.29mg (26.47%), Iron: 4.65mg (25.84%), Copper: 0.51mg (25.51%), Calcium: 206.09mg (20.61%), Vitamin A: 902.52IU (18.05%), Folate: 70.26µg (17.57%), Zinc: 2.63mg (17.53%), Potassium: 609.73mg (17.42%), Vitamin B6: 0.34mg (17.15%), Vitamin B2: 0.26mg (15.44%), Vitamin K: 15.58µg (14.84%), Vitamin B5: 0.8mg (7.96%), Vitamin E: 0.93mg (6.17%), Vitamin B12: 0.24µg (3.92%)