



Southwest Cheese Soup

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



227 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed drained canned
- 10 oz canned tomatoes diced with green chiles, undrained canned
- 1 loaf cheese cut into cubes (16 oz. box)
- 1 sprigs cilantro leaves fresh
- 1 cup milk
- 15.3 oz corn whole drained canned

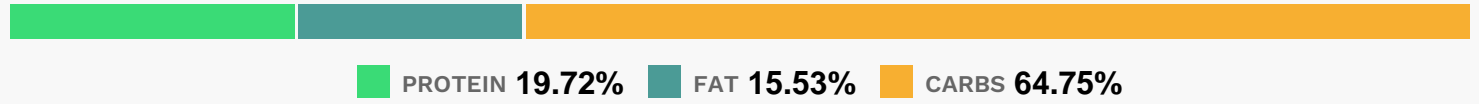
Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, mix all ingredients except cilantro.
- Cook over medium-low heat, stirring frequently, until cheese is melted and soup is hot.
- Garnish each serving with cilantro.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:12.318695752517%

Flavonoids

Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 226.52kcal (11.33%), Fat: 3.99g (6.13%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 29.33g (10.66%), Sugar: 4.63g (5.14%), Cholesterol: 7.57mg (2.52%), Sodium: 616.57mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.78%), Fiber: 8.06g (32.24%), Folate: 102.26µg (25.57%), Phosphorus: 235.62mg (23.56%), Potassium: 680.64mg (19.45%), Manganese: 0.37mg (18.38%), Iron: 2.96mg (16.42%), Magnesium: 64.43mg (16.11%), Vitamin B2: 0.27mg (15.82%), Vitamin B1: 0.23mg (15.44%), Copper: 0.29mg (14.42%), Vitamin C: 11.45mg (13.88%), Calcium: 138.51mg (13.85%), Vitamin B3: 2.08mg (10.39%), Vitamin B6: 0.18mg (8.77%), Zinc: 1.24mg (8.25%), Vitamin B12: 0.33µg (5.53%), Vitamin B5: 0.51mg (5.11%), Vitamin A: 225.99IU (4.52%), Vitamin D: 0.67µg (4.48%), Selenium: 2.69µg (3.84%), Vitamin K: 3.97µg (3.78%), Vitamin E: 0.53mg (3.52%)