



Southwestern Soup

 Dairy Free

READY IN



200 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado fresh diced for garnish
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 teaspoon chili powder
- ☐ 4 servings cornbread
- ☐ 2 tablespoons cilantro leaves fresh chopped for garnish
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green seeded chopped

- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno minced seeded
- ☐ 4 servings lime wedges for garnish
- ☐ 5 cups chicken broth reduced-sodium
- ☐ 14 ounce pink beans rinsed drained canned
- ☐ 1 cup onion chopped
- ☐ 1 pound pork tenderloin cut into 1-inch pieces
- ☐ 0.5 teaspoon salt

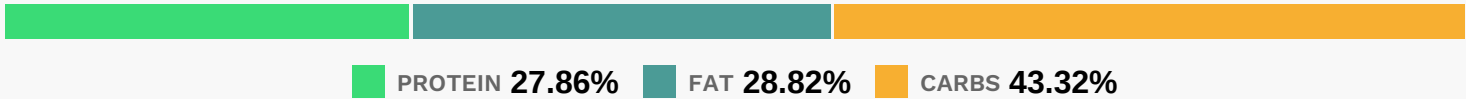
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ In the bottom of a slow cooker, combine pork, onion, bell pepper, jalapeno, garlic, chili powder, cumin, 1/2 teaspoon salt, and 1/4 teaspoon ground black pepper. Stir to combine.
- ☐ Add broth, tomatoes and beans, cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours.
- ☐ When ready to serve, ladle soup into bowls and top with avocado and cilantro.
- ☐ Garnish soup with lime wedges.
- ☐ Serve with cornbread, if desired.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:4.78, Inflammation Score:-8, Nutrition Score:38.093912684399%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 537.89kcal (26.89%), Fat: 17.81g (27.4%), Saturated Fat: 5g (31.28%), Carbohydrates: 60.22g (20.07%), Net Carbohydrates: 51.35g (18.67%), Sugar: 17.23g (19.15%), Cholesterol: 107.91mg (35.97%), Sodium: 949.13mg (41.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.47%), Vitamin B1: 1.37mg (91.46%), Vitamin C: 65.66mg (79.59%), Vitamin B3: 14.93mg (74.67%), Phosphorus: 712.84mg (71.28%), Vitamin B6: 1.35mg (67.74%), Selenium: 40.89µg (58.42%), Folate: 187.48µg (46.87%), Potassium: 1606.76mg (45.91%), Vitamin B2: 0.71mg (41.55%), Fiber: 8.87g (35.49%), Iron: 6.08mg (33.77%), Copper: 0.67mg (33.56%), Magnesium: 112.06mg (28.02%), Manganese: 0.54mg (27.15%), Zinc: 3.9mg (26.01%), Vitamin B5: 2.2mg (22.02%), Calcium: 205.3mg (20.53%), Vitamin E: 3.03mg (20.22%), Vitamin K: 19.77µg (18.83%), Vitamin B12: 1.02µg (17.04%), Vitamin A: 687.97IU (13.76%), Vitamin D: 0.34µg (2.27%)