

# Southwestern Style Fifteen Bean Soup

 Dairy Free

READY IN



975 min.

SERVINGS



8

CALORIES



338 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 pound bacon
- 8 ounce chiles green canned chopped
- 1 tablespoon chili powder
- 2 cloves garlic minced
- 1 onion chopped
- 8 ounce onion soup mix
- 1 tablespoon pepper red crushed
- 12 cups water

# Equipment

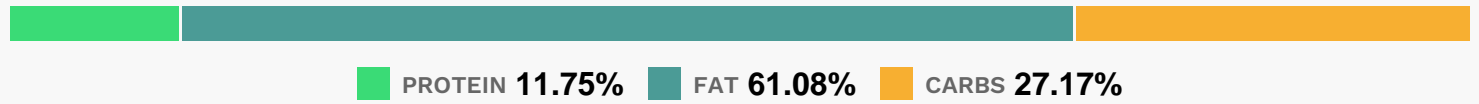
slow cooker

# Directions

Rinse and sort the beans in the mix.

Place them in a slow cooker on low setting with the water. Cook overnight. The next morning, add the ham, chile peppers, chili powder, crushed red pepper, onion and garlic and continue to cook on low for 8 hours.

# Nutrition Facts



# Properties

Glycemic Index:7.13, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:10.027826050053%

# Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg 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: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

# Nutrients (% of daily need)

Calories: 337.71kcal (16.89%), Fat: 22.98g (35.35%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 19.7g (7.17%), Sugar: 2.05g (2.28%), Cholesterol: 37.42mg (12.47%), Sodium: 2815.87mg (122.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin B6: 0.42mg (20.88%), Selenium: 13.48µg (19.26%), Vitamin B1: 0.25mg (16.75%), Vitamin B3: 3.13mg (15.64%), Phosphorus: 155.72mg (15.57%), Vitamin C: 11.92mg (14.45%), Fiber: 3.3g (13.19%), Vitamin A: 654.29IU (13.09%), Manganese: 0.26mg (12.95%), Potassium: 410.78mg (11.74%), Copper: 0.21mg (10.41%), Vitamin B2: 0.16mg (9.14%), Magnesium: 33.04mg (8.26%), Zinc: 1.17mg (7.77%), Calcium: 75.35mg (7.53%), Iron: 1.35mg (7.51%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.62mg (6.2%), Vitamin B12: 0.28µg (4.72%), Folate: 18.5µg (4.63%), Vitamin K: 2.58µg (2.46%), Vitamin D: 0.23µg (1.51%)