



Spicy Black Bean Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 pound black beans washed
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup carrots shredded
- ☐ 2 stalks celery chopped
- ☐ 1 teaspoon celery salt
- ☐ 2 cubes chicken bouillon
- ☐ 4 teaspoons parsley dried

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 tablespoon garlic minced
- ☐ 4 teaspoons garlic powder
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pound ham chopped
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 teaspoons salt
- ☐ 10 cups water
- ☐ 1 teaspoon worcestershire sauce

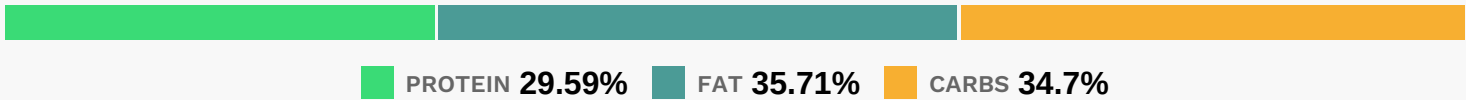
Equipment

- ☐ pot

Directions

- ☐ In an eight quart stock pot, add rinsed black beans, water, ham, onion, celery, carrots, diced tomatoes, minced garlic, garlic powder, parsley, salt, celery salt, Worcestershire sauce, bouillon cubes, bay leaf, pepper, mustard, cayenne pepper, oregano and thyme. Cover and bring to a boil.
- ☐ Reduce heat and simmer for 2 hours. Discard bay leave and serve.

Nutrition Facts



Properties

Glycemic Index:27.78, Glycemic Load:3.68, Inflammation Score:-9, Nutrition Score:13.8599999946926%

Flavonoids

Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 200.92kcal (10.05%), Fat: 8.09g (12.45%), Saturated Fat: 2.82g (17.59%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 12.07g (4.39%), Sugar: 3.1g (3.45%), Cholesterol: 28.12mg (9.37%), Sodium: 1327.99mg (57.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.17%), Vitamin A: 2290.73IU (45.81%), Vitamin B1: 0.44mg (29.19%), Fiber: 5.62g (22.48%), Folate: 82.84µg (20.71%), Phosphorus: 191.32mg (19.13%), Manganese: 0.38mg (18.8%), Selenium: 11.82µg (16.89%), Vitamin B6: 0.34mg (16.75%), Vitamin B3: 2.96mg (14.78%), Potassium: 516.53mg (14.76%), Magnesium: 56.68mg (14.17%), Copper: 0.27mg (13.6%), Zinc: 1.82mg (12.11%), Iron: 2.16mg (12.02%), Vitamin B2: 0.17mg (9.94%), Vitamin K: 7.77µg (7.4%), Vitamin C: 6.05mg (7.34%), Vitamin E: 0.83mg (5.53%), Calcium: 52.53mg (5.25%), Vitamin B5: 0.52mg (5.16%), Vitamin B12: 0.29µg (4.84%), Vitamin D: 0.32µg (2.12%)