



Spicy Red Bean Soup

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



277 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 75 ounce kidney beans canned
- 1 ounce onion soup mix dry
- 1 tablespoon pepper black
- 2.5 cups catsup
- 2 tablespoons olive oil
- 1 onion chopped
- 6 tablespoons paprika
- 1 pound pork sausage smoked

- 3 potatoes cubed peeled
- 1 teaspoon salt
- 0.5 pound pasta like spaghetti
- 8 cups water

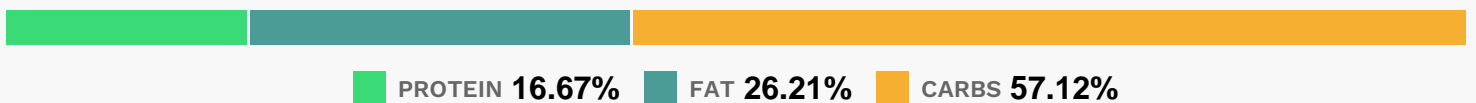
Equipment

- food processor
- pot
- blender

Directions

- In a large pot over medium heat, combine the oil and the onion.
- Saute for 5 minutes, or until onion is tender.
- Add the paprika, ketchup, water, soup mix, salt and pepper and stir well.
- Cut the linguica and chourico into 3 inch pieces and add to the soup.
- In a food processor or blender, puree the beans in small batches and add to the pot. Reduce heat to low and simmer for 2 to 3 hours.
- Add the potatoes and simmer for another hour. Break the spaghetti into 3 to 4 inch pieces, add to the pot and simmer for another 15 minutes, or until spaghetti is tender.

Nutrition Facts



Properties

Glycemic Index:13.99, Glycemic Load:12.97, Inflammation Score:-8, Nutrition Score:13.242608599041%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 277.43kcal (13.87%), Fat: 8.32g (12.8%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 33.01g (12%), Sugar: 9.43g (10.47%), Cholesterol: 16.33mg (5.44%), Sodium: 927.67mg (40.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.81%), Fiber: 7.79g (31.14%), Manganese: 0.58mg (29.08%), Vitamin A: 1207.85IU (24.16%), Phosphorus: 202.4mg (20.24%), Vitamin B6: 0.37mg (18.64%), Potassium: 646.91mg (18.48%), Copper: 0.31mg (15.27%), Vitamin B1: 0.23mg (15.19%), Magnesium: 58.93mg (14.73%), Iron: 2.59mg (14.41%), Vitamin B3: 2.79mg (13.96%), Selenium: 8.89µg (12.7%), Vitamin B2: 0.2mg (11.62%), Vitamin C: 9.01mg (10.92%), Zinc: 1.58mg (10.56%), Folate: 39.85µg (9.96%), Vitamin E: 1.34mg (8.91%), Vitamin K: 9.03µg (8.6%), Calcium: 55.94mg (5.59%), Vitamin B5: 0.52mg (5.24%), Vitamin B12: 0.19µg (3.21%), Vitamin D: 0.29µg (1.97%)