

Spicy Slow Cooker Black Bean Soup

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



365 min.

SERVINGS



6

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound black beans dry
- 1 teaspoon cayenne pepper
- 6 cups chicken broth
- 1 tablespoon chili powder
- 0.5 teaspoon garlic powder
- 1 teaspoon ground cumin
- 0.8 teaspoon ground pepper black
- 4 teaspoons jalapeño peppers diced

0.5 teaspoon pepper sauce hot

Equipment

slow cooker

Directions

Drain black beans, and rinse.

Combine beans, jalapenos, and chicken broth in a slow cooker. Season with garlic powder, chili powder, cumin, cayenne, pepper, and hot pepper sauce.

Cook on High for 4 hours. Reduce heat to Low, and continue cooking for 2 hours, or until you are ready to eat.

Nutrition Facts



PROTEIN 26.89% **FAT 8.8%** **CARBS 64.31%**

Properties

Glycemic Index:22.67, Glycemic Load:3.52, Inflammation Score:-7, Nutrition Score:9.9052173365717%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 122.42kcal (6.12%), Fat: 1.25g (1.92%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 13.17g (4.79%), Sugar: 1.3g (1.44%), Cholesterol: 4.7mg (1.57%), Sodium: 904.24mg (39.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Fiber: 7.35g (29.39%), Folate: 114.48µg (28.62%), Manganese: 0.52mg (26.1%), Vitamin B1: 0.24mg (16.21%), Magnesium: 60.12mg (15.03%), Iron: 2.28mg (12.66%), Phosphorus: 124.21mg (12.42%), Vitamin B2: 0.2mg (11.96%), Vitamin A: 585.34IU (11.71%), Copper: 0.22mg (10.85%), Potassium: 364.4mg (10.41%), Zinc: 1.11mg (7.39%), Vitamin B3: 1.14mg (5.72%), Vitamin E: 0.84mg (5.58%), Vitamin C: 4.5mg (5.45%), Vitamin B6: 0.11mg (5.45%), Calcium: 39.54mg (3.95%), Selenium: 2.25µg (3.22%), Vitamin K: 2.73µg (2.6%), Vitamin B5: 0.23mg (2.32%)