

Spicy Tomato and White Bean Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce navy beans drained and rinsed canned
- ☐ 2 teaspoons chili powder
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 14 ounce less-sodium chicken broth fat-free divided canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 pint grape tomatoes
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.5 onion cut into 1/2-inch-thick wedges
- ☐ 1 medium poblano chile halved seeded
- ☐ 0.5 teaspoon salt

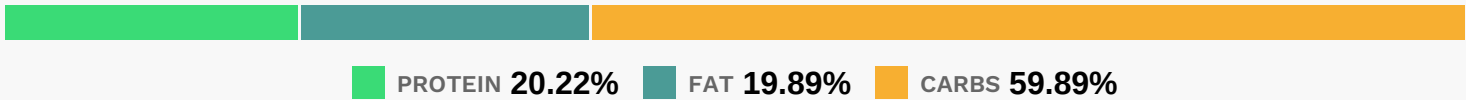
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine 1 cup broth, chili powder, cumin, and beans in a Dutch oven over medium-high heat.
- ☐ Combine remaining broth, poblano, and onion in a food processor; pulse until vegetables are chopped.
- ☐ Add onion mixture to pan.
- ☐ Add tomatoes and cilantro to food processor, and process until coarsely chopped.
- ☐ Add tomato mixture to pan; bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are tender.
- ☐ Remove from heat; stir in juice, olive oil, and salt.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:17.329999716386%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 202.59kcal (10.13%), Fat: 4.72g (7.26%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 23.58g (8.57%), Sugar: 5.09g (5.66%), Cholesterol: 0mg (0%), Sodium: 1229.81mg (53.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Vitamin C: 44.5mg (53.94%), Fiber: 8.4g (33.6%), Manganese: 0.67mg (33.25%), Vitamin A: 1469.82IU (29.4%), Folate: 96.33µg (24.08%), Potassium: 751.37mg (21.47%), Phosphorus: 208.22mg (20.82%), Vitamin K: 21.23µg (20.22%), Magnesium: 75.84mg (18.96%), Copper: 0.37mg (18.42%), Iron: 3.24mg (17.99%), Vitamin E: 2.58mg (17.2%), Vitamin B6: 0.34mg (16.8%), Vitamin B1: 0.24mg (16.14%), Selenium: 9.08µg (12.97%), Vitamin B3: 2.13mg (10.64%), Calcium: 85.12mg (8.51%), Zinc: 1.23mg (8.23%), Vitamin B2: 0.13mg (7.74%), Vitamin B5: 0.49mg (4.9%), Vitamin B12: 0.2µg (3.31%)