



Tangy, Creamy String Bean Soup

READY IN



35 min.

SERVINGS



5

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 29 ounce chicken broth canned
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cornmeal
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose

- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 16 ounce vegetables mixed frozen
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons milk
- ☐ 1 medium onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vegetable oil

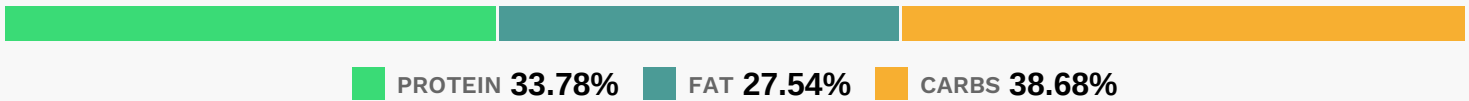
Equipment

- ☐ sauce pan

Directions

- ☐ Stir the flour and 1/4 cup of the milk together in a saucepan until no lumps remain. Stir in the remaining milk and sour cream. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and simmer for 15 minutes.
- ☐ Add the green beans, and cook until tender, about 5 minutes. Stir in the vinegar, and season to taste with salt before serving.

Nutrition Facts



Properties

Glycemic Index:123.92, Glycemic Load:23.85, Inflammation Score:-10, Nutrition Score:38.236521980037%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 726.92kcal (36.35%), Fat: 22.43g (34.51%), Saturated Fat: 7g (43.74%), Carbohydrates: 70.89g (23.63%), Net Carbohydrates: 53.57g (19.48%), Sugar: 8.51g (9.46%), Cholesterol: 126.97mg (42.32%), Sodium: 1699.98mg (73.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.91g (123.81%), Vitamin A: 5729.35IU (114.59%), Fiber: 17.32g (69.26%), Phosphorus: 646.67mg (64.67%), Selenium: 43.9µg (62.72%), Manganese: 1.11mg (55.32%), Iron: 8.47mg (47.04%), Zinc: 6.78mg (45.21%), Vitamin B6: 0.82mg (40.85%), Vitamin B3: 8.09mg (40.45%), Potassium: 1333.72mg (38.11%), Magnesium: 151.8mg (37.95%), Folate: 150.33µg (37.58%), Copper: 0.71mg (35.27%), Vitamin B2: 0.59mg (34.96%), Vitamin B1: 0.49mg (32.99%), Vitamin B12: 1.87µg (31.25%), Calcium: 300.31mg (30.03%), Vitamin C: 22.3mg (27.03%), Vitamin E: 3.03mg (20.22%), Vitamin K: 15.84µg (15.09%), Vitamin B5: 1.03mg (10.28%), Vitamin D: 0.47µg (3.16%)