



Tarascan Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baked tortilla chips crushed
- ☐ 30 ounce pinto beans undrained canned
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons chili powder
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 4 large garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon hot sauce

- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt

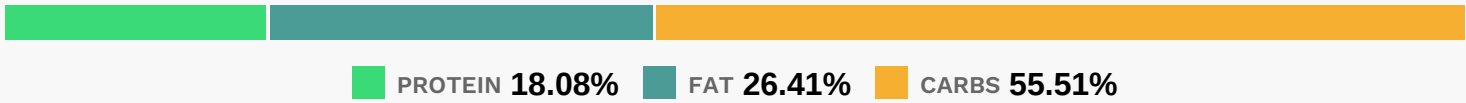
Equipment

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

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saut 3 minutes. Stir in tomatoes; cook 5 minutes.
- ☐ Place beans in a blender or food processor; process until smooth.
- ☐ Add beans, chili powder, cumin, hot sauce, salt, and broth to pan; bring to a boil. Reduce heat to medium-low; cook 18 minutes.
- ☐ Serve with cheese and chips.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:7.68, Inflammation Score:-7, Nutrition Score:14.393913033216%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 261.8kcal (13.09%), Fat: 7.99g (12.29%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 37.78g (12.59%),
Net Carbohydrates: 29.67g (10.79%), Sugar: 6.61g (7.34%), Cholesterol: 12.62mg (4.21%), Sodium: 882.06mg
(38.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.61%), Fiber: 8.11g (32.44%), Manganese:
0.6mg (29.77%), Phosphorus: 255.31mg (25.53%), Calcium: 225.94mg (22.59%), Copper: 0.4mg (20.23%),
Potassium: 701.56mg (20.04%), Iron: 3.6mg (19.98%), Magnesium: 77.31mg (19.33%), Vitamin B6: 0.33mg (16.35%),
Vitamin E: 2.45mg (16.34%), Vitamin C: 12.06mg (14.62%), Vitamin B1: 0.18mg (12.17%), Folate: 47.86µg (11.96%),
Vitamin B2: 0.19mg (11.11%), Zinc: 1.55mg (10.34%), Vitamin B3: 1.99mg (9.96%), Vitamin A: 489.65IU (9.79%),
Selenium: 6.58µg (9.4%), Vitamin K: 9.58µg (9.13%), Vitamin B5: 0.56mg (5.56%), Vitamin B12: 0.23µg (3.85%)