



## Tomato-Black Bean Barley Soup

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



41 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 tsp pepper black
- 15 oz black beans rinsed canned
- 14 oz canned tomatoes diced undrained canned
- 1 tsp basil leaves dried
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 0.5 cup quick-cooking barley
- 0.5 cup sun tomato vinaigrette dressing dried kraft

- 4 cups water
- 1 onion yellow chopped

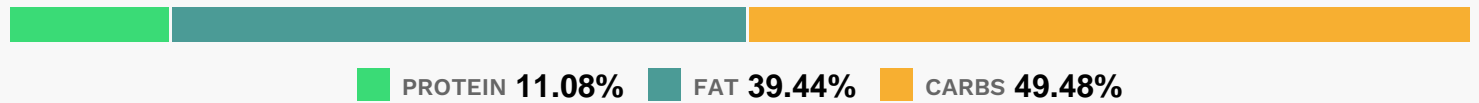
## Equipment

- sauce pan

## Directions

- Cook onions and garlic in dressing in large saucepan on medium heat 5 min. or until onions are tender, stirring frequently.
- Add all remaining ingredients except green peppers; mix well. Bring to boil; simmer on medium-low heat 15 min., stirring occasionally.
- Remove from heat. Stir in green peppers; cover.
- Let stand 5 min.

## Nutrition Facts



## Properties

Glycemic Index:2.83, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.1621739009152%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 41.43kcal (2.07%), Fat: 1.88g (2.9%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 64.81mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Fiber: 1.53g (6.14%), Vitamin C: 4.4mg (5.34%), Vitamin K: 4.92µg (4.69%), Manganese: 0.09mg (4.67%), Copper: 0.05mg (2.63%), Iron: 0.47mg (2.62%), Folate: 10.05µg (2.51%), Phosphorus: 23.6mg (2.36%), Potassium: 79.68mg (2.28%), Magnesium: 9.06mg (2.26%), Vitamin B1: 0.03mg (2.09%), Vitamin B6: 0.04mg (2.04%), Selenium: 1.35µg (1.92%), Vitamin E: 0.26mg (1.73%), Vitamin B2: 0.03mg (1.56%), Vitamin B3: 0.31mg (1.56%), Calcium: 11.8mg (1.18%), Zinc: 0.16mg (1.07%)