



Tropical Coconut Black Bean Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounce black beans canned
- 2 cups chicken stock see
- 14 ounce lite coconut milk light canned
- 1 tablespoon juice of lime fresh
- 6 ounce peas green frozen

Equipment

- frying pan
- sauce pan

pot

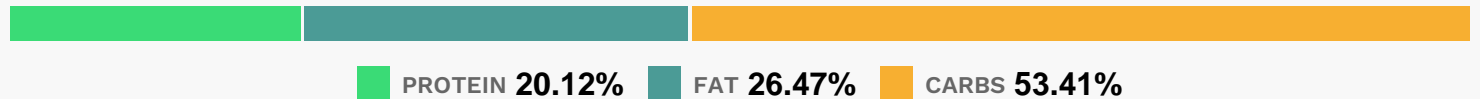
blender

Directions

In a stock pot or large saucepan, combine the black beans, coconut milk, peas and stock or water. Bring to a boil, then simmer over low heat for 10 minutes.

Pour into a blender and puree until smooth. Return to the pan and stir in the lime juice.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:6.59, Inflammation Score:-7, Nutrition Score:16.012173913043%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 306.27kcal (15.31%), Fat: 8.81g (13.56%), Saturated Fat: 7.18g (44.85%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 28.03g (10.19%), Sugar: 4.37g (4.86%), Cholesterol: 3.6mg (1.2%), Sodium: 257.58mg (11.2%), Protein: 15.08g (30.16%), Folate: 197.7µg (49.42%), Fiber: 12g (47.98%), Manganese: 0.66mg (33.14%), Vitamin B1: 0.42mg (28.27%), Magnesium: 96.03mg (24.01%), Phosphorus: 232.65mg (23.26%), Vitamin C: 18.37mg (22.27%), Copper: 0.37mg (18.51%), Potassium: 624.13mg (17.83%), Iron: 3.19mg (17.71%), Vitamin B3: 3.34mg (16.72%), Vitamin B2: 0.22mg (13.15%), Zinc: 1.93mg (12.86%), Vitamin B6: 0.22mg (11.11%), Vitamin K: 10.81µg (10.29%), Vitamin A: 337.38IU (6.75%), Selenium: 4.73µg (6.75%), Calcium: 44.42mg (4.44%), Vitamin B5: 0.31mg (3.15%)