



 **54%**
HEALTH SCORE

Vegan Black Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch pepper black
- 60 ounce black beans canned
- 14.5 ounce canned tomatoes crushed canned
- 2 carrots chopped
- 1 stalk celery chopped
- 2 tablespoons chili powder
- 4 cloves garlic chopped
- 1 tablespoon ground cumin

- 1 tablespoon olive oil
- 1 large onion chopped
- 4 cups vegetable broth
- 15 ounce kernel corn whole canned

Equipment

- food processor
- pot
- blender

Directions

- Heat oil in a large pot over medium-high heat.
- Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.
- Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:42.64, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:29.520000105319%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 394.37kcal (19.72%), Fat: 5.06g (7.78%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 70.1g (23.37%), Net Carbohydrates: 47.05g (17.11%), Sugar: 6.69g (7.44%), Cholesterol: 0mg (0%), Sodium: 1987.41mg (86.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.88%), Vitamin A: 4723.3IU (94.47%), Fiber: 23.04g (92.17%), Folate: 214.31µg (53.58%), Manganese: 1.01mg (50.4%), Iron: 7.73mg (42.96%), Phosphorus: 389.2mg (38.92%), Potassium: 1353.16mg (38.66%), Copper: 0.75mg (37.72%), Magnesium: 134.56mg (33.64%), Vitamin B1: 0.5mg (33.48%), Vitamin B2: 0.44mg (25.84%), Vitamin C: 19.14mg (23.2%), Vitamin B6: 0.41mg (20.34%), Vitamin B3: 3.77mg (18.84%), Calcium: 160.89mg (16.09%), Vitamin E: 2.4mg (16.01%), Zinc: 2.2mg (14.67%), Vitamin K: 12.71µg (12.1%), Vitamin B5: 0.85mg (8.51%), Selenium: 5.15µg (7.36%)