



African Chicken-Peanut Soup

READY IN



45 min.

SERVINGS



11

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 8 ounces chicken breast cooked chopped
- ☐ 0.3 cup creamy peanut butter
- ☐ 32 ounce less-sodium chicken broth fat-free canned
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 30 ounce healthy choice chicken or any less-sodium chicken-and-rice soup, undiluted with rice soup canned
- ☐ 1 jalapeno minced seeded

- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 cup bottled salsa
- ☐ 1.5 cups sweet potatoes and into cubed peeled

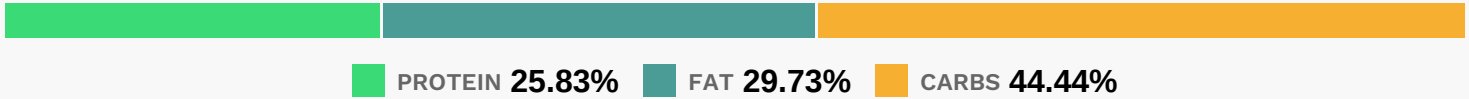
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place a large Dutch oven coated with cooking spray over medium–high heat until hot.
- ☐ Add sweet potato, onion, bell pepper, garlic, and jalapeo; saut 5 minutes. Stir in chicken and next 5 ingredients (chicken through beans); bring to a boil. Reduce heat; simmer 10 minutes.
- ☐ Add peanut butter, stirring with a whisk; cook 2 minutes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:12.73260870252%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 198.07kcal (9.9%), Fat: 6.65g (10.24%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 17.42g (6.34%), Sugar: 7.62g (8.47%), Cholesterol: 20.62mg (6.87%), Sodium: 956.35mg (41.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.02%), Vitamin A: 3231.05IU (64.62%), Vitamin B3: 5.03mg (25.16%), Potassium: 862.43mg (24.64%), Fiber: 4.95g (19.81%), Manganese: 0.32mg (16.06%), Vitamin B6: 0.31mg (15.58%), Vitamin C: 12.82mg (15.54%), Phosphorus: 145.91mg (14.59%), Selenium: 8.78µg (12.54%), Magnesium: 43.83mg (10.96%), Folate: 39.76µg (9.94%), Copper: 0.18mg (9.13%), Iron: 1.53mg (8.48%), Vitamin E:

1.26mg (8.41%), Vitamin B1: 0.12mg (7.78%), Vitamin B2: 0.13mg (7.66%), Vitamin B5: 0.68mg (6.82%), Zinc: 0.77mg (5.16%), Calcium: 39.95mg (3.99%), Vitamin B12: 0.23µg (3.92%), Vitamin K: 2.02µg (1.92%)