



## Amy's Mexican Soup

 Gluten Free

READY IN



165 min.

SERVINGS



12

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce black beans rinsed drained canned
- 14.5 ounce kidney beans rinsed drained canned
- 28 ounce canned tomatoes whole peeled drained canned
- 12 servings cayenne pepper to taste
- 32 fluid ounce chicken broth
- 12 servings chili powder to taste
- 1 tablespoon garlic fresh chopped
- 2 tablespoons olive oil

- 1 medium onion chopped
- 12 servings cheddar cheese shredded
- 24 ounce chicken breast halves boneless skinless
- 12 servings cup heavy whipping cream sour for topping

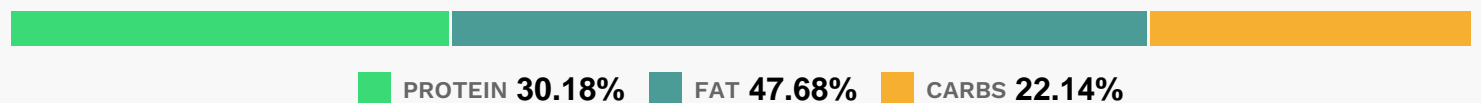
## Equipment

- food processor
- bowl
- frying pan
- ladle
- oven
- blender
- broiler

## Directions

- Preheat the oven broiler.
- Arrange chicken breasts in a large pan, and broil 15 minutes in the preheated oven.
- Remove chicken, allow to cool, then shred.
- In a food processor or blender, puree the drained whole tomatoes and diced tomatoes.
- Heat olive oil in a large skillet over medium heat. Stir in onion and garlic; cook until onion is soft and translucent. Stir in chicken broth and pureed tomatoes.
- Add shredded chicken, kidney beans, and black beans. Season with cayenne pepper and chili powder. Bring to a boil; then cover, leaving the lid slightly ajar, and simmer 2 hours. Ladle into bowls, and top with cheese and dollops of sour cream.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:19.302173661149%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 322.98kcal (16.15%), Fat: 17.45g (26.84%), Saturated Fat: 7.81g (48.8%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 11.99g (4.36%), Sugar: 3.8g (4.22%), Cholesterol: 74.94mg (24.98%), Sodium: 905.99mg (39.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.69%), Selenium: 29.01µg (41.44%), Vitamin A: 1898.15IU (37.96%), Phosphorus: 370.16mg (37.02%), Vitamin B3: 7.39mg (36.94%), Vitamin B6: 0.68mg (34.01%), Calcium: 285.54mg (28.55%), Fiber: 6.25g (25%), Vitamin B2: 0.4mg (23.32%), Potassium: 676.37mg (19.32%), Manganese: 0.38mg (18.83%), Vitamin E: 2.56mg (17.1%), Magnesium: 61.48mg (15.37%), Zinc: 2.17mg (14.49%), Iron: 2.59mg (14.38%), Vitamin B1: 0.2mg (13.01%), Vitamin C: 10.57mg (12.81%), Folate: 48.82µg (12.21%), Vitamin B5: 1.2mg (11.98%), Copper: 0.23mg (11.7%), Vitamin K: 9.51µg (9.06%), Vitamin B12: 0.47µg (7.87%), Vitamin D: 0.24µg (1.58%)