



BBQ Chicken Soup



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



207 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup barbecue sauce sweet (our favorite is Baby Ray's)
- ☐ 0.3 tsp pepper black
- ☐ 1.5 cups chicken broth
- ☐ 1 large chicken shredded cooked (I like to use rotisserie chicken)
- ☐ 11 ounce regular corn with peppers) drained canned
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 Tbsp garlic minced

- ☐ 0.3 tsp garlic salt
- ☐ 0.5 tsp kosher salt

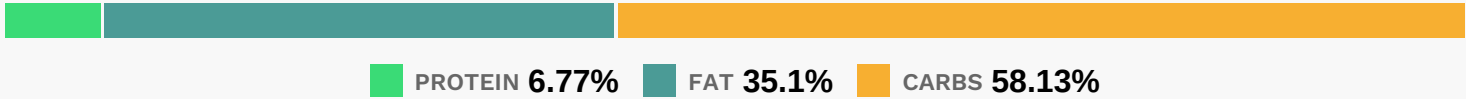
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in a medium pot over medium heat.
- ☐ Add the garlic and cook stirring, for 1 minute.
- ☐ Add the corn and chicken breast; stir to combine.
- ☐ Pour in chicken broth, BBQ sauce, salt, pepper, garlic salt and cilantro leaves.Reduce heat to low and simmer for 10 minutes.
- ☐ Serve in a large bowl with a spoon and napkin! Enjoy!

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:8.24, Inflammation Score:-4, Nutrition Score:5.9373913510986%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 207.44kcal (10.37%), Fat: 8.62g (13.25%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 29.81g (10.84%), Sugar: 15.82g (17.57%), Cholesterol: 1.95mg (0.65%), Sodium: 1133.13mg (49.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Manganese: 0.27mg (13.53%), Vitamin E: 1.43mg (9.52%), Fiber: 2.29g (9.18%), Vitamin B3: 1.76mg (8.82%), Vitamin B6: 0.16mg (8.14%), Potassium: 284.38mg (8.13%), Vitamin K: 8.51µg (8.1%), Phosphorus: 74.92mg (7.49%), Vitamin B2: 0.12mg (7.11%), Vitamin A: 355.33IU (7.11%), Vitamin B5: 0.71mg (7.06%), Vitamin B1: 0.1mg (6.95%), Magnesium: 26.84mg (6.71%), Vitamin C: 5.4mg

(6.54%), Folate: 19.36µg (4.84%), Copper: 0.09mg (4.38%), Zinc: 0.64mg (4.27%), Iron: 0.75mg (4.17%), Calcium: 22.88mg (2.29%), Selenium: 1.33µg (1.91%)