



Caribbean-Style Chicken Soup with Lime and Cilantro

 Gluten Free

READY IN



263 min.

SERVINGS



23

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chiles in adobo sauce
- 3 chicken thighs bone-in
- 15 ounce black beans rinsed drained canned
- 3 chicken breasts bone-in
- 32 ounce chicken broth
- 23 servings rice hot cooked
- 23 servings cilantro leaves fresh

- 1 teaspoon garlic minced
- 3 tablespoons juice of lime fresh
- 23 servings lime wedges
- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 23 servings radishes thinly sliced
- 1 tablespoon caribbean rub (with spice hunter) salt-free
- 1 teaspoon salt
- 23 servings cup heavy whipping cream sour
- 0.5 cup coconut milk unsweetened
- 4 teaspoons vegetable oil

Equipment

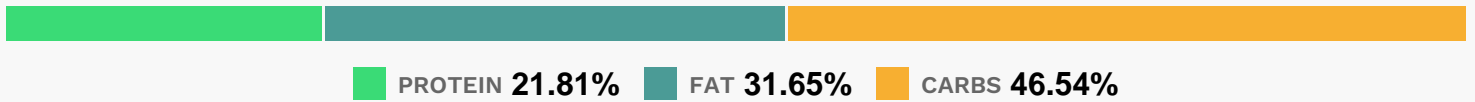
- frying pan
- slotted spoon
- slow cooker

Directions

- Sprinkle chicken evenly with Caribbean rub; set aside.
- Heat 1 teaspoon oil in a medium skillet over medium-high heat; add onion and garlic. Cook 3 minutes or until tender.
- Transfer mixture to a 5-quart oval slow cooker using a slotted spoon.
- Heat remaining 3 teaspoons oil in skillet over medium-high heat; add chicken, and cook 6 to 8 minutes, or until browned, turning occasionally.
- Transfer chicken to slow cooker.
- Add 1 cup broth to skillet, scraping skillet to loosen browned bits.
- Pour over chicken.
- Add remaining broth, adobo sauce, and next 4 ingredients to slow cooker. Cover and cook on HIGH 1 hour. Decrease temperature to LOW, and cook 3 more hours.

- Remove chicken from slow cooker, and cool 10 minutes.
- Remove chicken from bones, returning meat to slow cooker. Stir in lime juice.
- Serve soup over hot cooked rice; top with cilantro, radishes, and sour cream.
- Serve with lime wedges.
- * We used adobo sauce from canned chipotle chiles in adobo sauce.

Nutrition Facts



Properties

Glycemic Index:12.78, Glycemic Load:24.36, Inflammation Score:-4, Nutrition Score:10.449565133323%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 253.89kcal (12.69%), Fat: 8.85g (13.61%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 26.51g (9.64%), Sugar: 2.09g (2.33%), Cholesterol: 45.21mg (15.07%), Sodium: 529.61mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Selenium: 20.48µg (29.25%), Manganese: 0.56mg (27.8%), Vitamin B3: 4.69mg (23.43%), Vitamin B6: 0.43mg (21.32%), Phosphorus: 175.51mg (17.55%), Vitamin C: 10.96mg (13.29%), Potassium: 415.95mg (11.88%), Vitamin B5: 1.11mg (11.14%), Fiber: 2.78g (11.1%), Magnesium: 37.79mg (9.45%), Vitamin B2: 0.16mg (9.13%), Copper: 0.16mg (8.2%), Folate: 32.77µg (8.19%), Zinc: 1.18mg (7.85%), Iron: 1.17mg (6.52%), Vitamin B1: 0.1mg (6.47%), Calcium: 51.04mg (5.1%), Vitamin K: 4.71µg (4.48%), Vitamin B12: 0.21µg (3.54%), Vitamin A: 118.73IU (2.37%), Vitamin E: 0.29mg (1.96%)