



Catherine's Spicy Chicken Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 29 ounce tomatoes diced peeled canned
- 5 cubes chicken bouillon
- 32 ounce chili beans sauce undrained canned
- 3 tablespoons chili powder
- 10.8 ounce condensed tomato soup canned
- 2 tablespoons parsley dried
- 3 cloves garlic chopped
- 1 teaspoon garlic powder

- 1 teaspoon ground pepper black
- 3 tablespoons olive oil
- 1 onion chopped
- 1 tablespoon onion powder
- 16 ounce chunky salsa
- 0.5 teaspoon salt
- 8 chicken breast halves boneless skinless
- 8 ounce cup heavy whipping cream sour
- 2 quarts water
- 15 ounce kernel corn whole drained canned

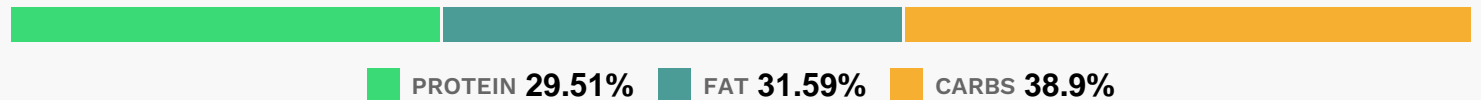
Equipment

- pot

Directions

- In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear.
- Remove chicken, reserve broth. Shred chicken.
- In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:2.39, Inflammation Score:-9, Nutrition Score:29.906087087548%

Flavonoids

Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 461.72kcal (23.09%), Fat: 16.48g (25.35%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 36.76g (13.37%), Sugar: 15.58g (17.31%), Cholesterol: 89.05mg (29.68%), Sodium: 1924.07mg (83.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.25%), Vitamin B6: 1.52mg (76.09%), Vitamin B3: 14.76mg (73.8%), Selenium: 41.58µg (59.4%), Phosphorus: 526.42mg (52.64%), Potassium: 1692.1mg (48.35%), Fiber: 8.89g (35.58%), Vitamin A: 1666.79IU (33.34%), Magnesium: 126.45mg (31.61%), Copper: 0.56mg (27.79%), Vitamin B2: 0.47mg (27.4%), Iron: 4.91mg (27.29%), Vitamin C: 22.22mg (26.93%), Vitamin E: 4.04mg (26.91%), Zinc: 3.76mg (25.05%), Manganese: 0.43mg (21.48%), Vitamin K: 21.34µg (20.32%), Vitamin B5: 2.01mg (20.1%), Folate: 66.78µg (16.7%), Vitamin B1: 0.24mg (15.76%), Calcium: 156.03mg (15.6%), Vitamin B12: 0.3µg (4.95%)