



Chicken-and-Black Bean Soup

READY IN



20 min.

SERVINGS



20

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices avocado
- ☐ 16 ounce spicy black bean dip
- ☐ 32 ounce black beans canned
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.5 bell pepper green
- ☐ 20 servings cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon oil hot
- ☐ 1 small onion
- ☐ 20 servings cheddar cheese shredded

- ☐ 20 servings tomatoes diced
- ☐ 20 servings baked tortilla strips

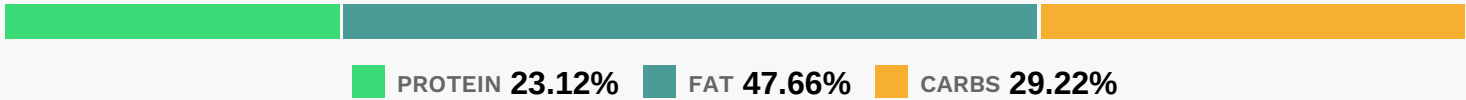
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Dice 1 small onion and 1/2 green bell pepper; saut in 1 teaspoon hot oil in a Dutch oven over medium-high heat 3 minutes.
- ☐ Whisk in 4 cups chicken broth and 1 (16-ounce) jar spicy black bean dip until smooth. Bring to a boil, and stir in 2 (16-ounce) cans black beans, rinsed and drained, and 2 cups chopped cooked chicken. Cook 5 minutes or until thoroughly heated. Top individual bowls of soup with low-fat sour cream, shredded Cheddar cheese, baked tortilla strips, diced tomatoes, and avocado slices.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:16.473913006161%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 300.98kcal (15.05%), Fat: 16.31g (25.09%), Saturated Fat: 7.86g (49.1%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 15.31g (5.57%), Sugar: 7.75g (8.61%), Cholesterol: 48.9mg (16.3%), Sodium: 414.79mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.61%), Vitamin A: 1908.01IU (38.16%), Vitamin C: 29.48mg (35.74%), Fiber: 7.18g (28.74%), Calcium: 283.47mg (28.35%), Phosphorus: 278.91mg (27.89%), Potassium: 718.07mg (20.52%), Selenium: 13.31µg (19.02%), Folate: 71.18µg (17.8%), Manganese: 0.33mg (16.74%), Vitamin B2: 0.28mg (16.56%), Vitamin K: 16.97µg (16.16%), Vitamin B6: 0.28mg (14.07%), Zinc: 2.04mg (13.61%), Vitamin B3: 2.63mg (13.16%), Magnesium: 51.88mg (12.97%), Iron: 2.11mg (11.7%), Copper: 0.23mg (11.61%), Vitamin B1: 0.17mg (11.02%), Vitamin E: 1.47mg (9.78%), Vitamin B12: 0.46µg (7.66%), Vitamin B5: 0.61mg (6.12%), Vitamin D: 0.23µg (1.52%)