

Chicken and Hominy Soup



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 3 bunches green onions sliced
- ☐ 4 teaspoons ground cumin
- ☐ 45 ounce hominy in juice white canned
- ☐ 10 cups low-salt chicken broth
- ☐ 3 tablespoons olive oil
- ☐ 4 teaspoons pepper sauce hot

- ☐ 1 purchased roast chicken shredded
- ☐ 2.5 teaspoons paprika smoked

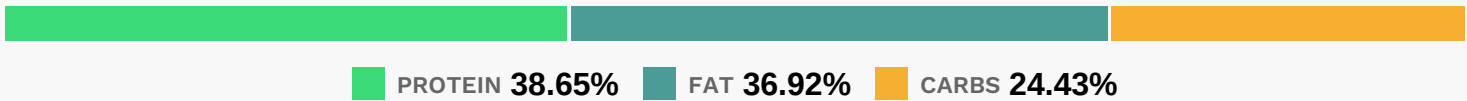
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add green onions, cumin, and paprika; sauté 5 minutes.
- ☐ Add broth, tomatoes with juice, chicken, and hot pepper sauce. Puree hominy with juice in processor or blender.
- ☐ Mix into soup; bring to boil. Reduce heat; simmer 15 minutes. Stir in cilantro. Ladle soup into bowls.
- ☐ One serving contains the following: 324.40 Calories (kcal), 27.1% Calories from Fat, 9.75 (g) Fat, 2.62 (g) Saturated Fat, 70.04 (mg) Cholesterol, 27.99 (g)
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:7.39, Inflammation Score:-6, Nutrition Score:16.525217387987%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epicatechin: 7.51mg, Epicatechin: 7.51mg, Epicatechin: 7.51mg, Epicatechin: 7.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 376.44kcal (18.82%), Fat: 15.52g (23.88%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 23.11g (7.7%), Net Carbohydrates: 22.17g (8.06%), Sugar: 16.06g (17.85%), Cholesterol: 90mg (30%), Sodium: 242.31mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.56g (73.11%), Vitamin B3: 13.8mg (68.99%), Selenium: 29.84µg (42.63%), Phosphorus: 341.53mg (34.15%), Vitamin B6: 0.58mg (28.98%), Vitamin K: 28.59µg (27.23%), Potassium: 759.88mg (21.71%), Vitamin B2: 0.31mg (18.53%), Iron: 3.27mg (18.15%), Zinc: 2.27mg (15.16%), Copper: 0.26mg (13.18%), Vitamin B5: 1.28mg (12.81%), Vitamin A: 599.26IU (11.99%), Magnesium: 43.32mg (10.83%), Vitamin B12: 0.64µg (10.72%), Manganese: 0.21mg (10.28%), Vitamin B1: 0.12mg (8.22%), Vitamin E: 1.09mg (7.26%), Vitamin C: 5.25mg (6.36%), Calcium: 57.73mg (5.77%), Fiber: 0.94g (3.75%), Folate: 13.53µg (3.38%)