



 17%
HEALTH SCORE

Chicken Enchilada Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans
- 14.5 oz canned tomatoes diced fire roasted ()
- 0.5 C onion chopped
- 0.5 C and orange peppers yellow chopped
- 19 oz enchilada sauce
- 19 oz enchilada sauce
- 2 oz cream of chicken soup
- 2 C milk

- 14.8 oz corn
- 4 oz to 2 chilies slit green chopped ()
- 6 servings jalapeno chopped
- 2 chicken breast boneless skinless
- 1 C monterrey jack cheese shredded ()
- 1 C cheddar cheese shredded ()
- 6 servings cream sour
- 6 servings tortilla chips

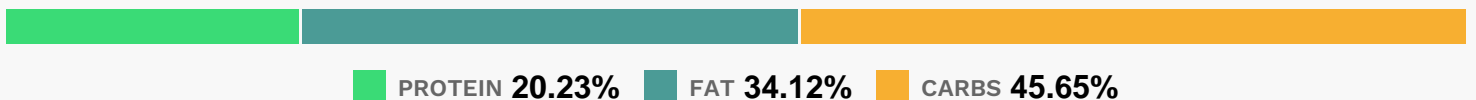
Equipment

- bowl
- ladle
- whisk
- slow cooker

Directions

- In a 5 quart slow cooker combine black beans, tomatoes, corn, onion, peppers and chilies. In a large bowl mix together the cream of chicken soup and enchilada sauce, gradually whisk in the milk until smooth.
- Lay the chicken on top of the veggie mixture and top with the soup mixture, cover and cook on low for 6-8 hours or on high for 3-4 hours. When the chowder is ready pull out the chicken and shred the meat, then place the meat back into the slow cooker and stir in the cheese.
- Let the chowder cook until all of the cheese is melted. Ladle into bowls and top with sour cream and tortilla chips.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:5.55, Inflammation Score:-9, Nutrition Score:26.569565217391%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 648.95kcal (32.45%), Fat: 25.09g (38.6%), Saturated Fat: 11.26g (70.36%), Carbohydrates: 75.55g (25.18%), Net Carbohydrates: 62.28g (22.65%), Sugar: 22.38g (24.86%), Cholesterol: 77.3mg (25.77%), Sodium: 2381.49mg (103.54%), Protein: 33.48g (66.97%), Phosphorus: 548.68mg (54.87%), Fiber: 13.28g (53.1%), Vitamin A: 2512.83IU (50.26%), Calcium: 464.71mg (46.47%), Folate: 157.61µg (39.4%), Vitamin C: 30.36mg (36.8%), Selenium: 24.73µg (35.33%), Magnesium: 119.48mg (29.87%), Vitamin B6: 0.57mg (28.5%), Vitamin B3: 5.52mg (27.6%), Vitamin B2: 0.45mg (26.19%), Zinc: 3.48mg (23.21%), Iron: 4.13mg (22.93%), Potassium: 758.57mg (21.67%), Vitamin B1: 0.32mg (21.62%), Manganese: 0.42mg (20.81%), Vitamin B5: 1.71mg (17.08%), Vitamin B12: 0.9µg (14.93%), Copper: 0.26mg (12.87%), Vitamin E: 1.72mg (11.5%), Vitamin K: 8.79µg (8.37%), Vitamin D: 1.16µg (7.72%)