



Chicken Enchilada Soup

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 15 ounce beans ranch-style undrained canned
- 14.5 ounce canned tomatoes undrained canned
- 1.5 tablespoons chili powder
- 10.8 ounce cream of chicken soup canned
- 1.5 teaspoons garlic powder
- 1.5 tablespoons ground cumin
- 8 servings salt and ground pepper black to taste

- 0.5 onion chopped
- 4 chicken breast halves boneless skinless
- 4 cups water
- 15 ounce kernel corn whole drained canned

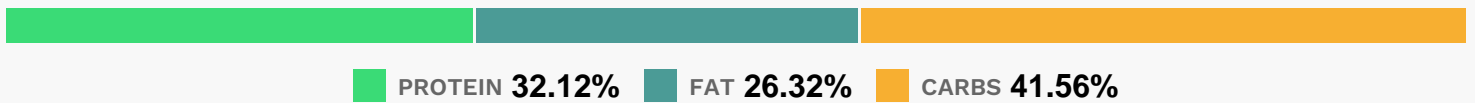
Equipment

- frying pan
- pot
- dutch oven

Directions

- Bring water to a boil in a dutch oven or large pot; cook chicken breasts in boiling water over medium-high heat until chicken is no longer pink in the center, about 20 minutes.
- Remove chicken from pot and shred, reserving cooking liquid.
- Stir cream of chicken soup, corn beans, and tomatoes into cooking liquid.
- Add shredded chicken; season with cumin, chili powder, and garlic powder and continue simmering.
- Melt butter in a skillet over medium heat; cook and stir onion until lightly browned, about 15 minutes. Stir onion into soup and season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:5.05, Inflammation Score:-6, Nutrition Score:14.14391293733%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 223.39kcal (11.17%), Fat: 6.66g (10.24%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 19.01g (6.91%), Sugar: 3.89g (4.32%), Cholesterol: 42.97mg (14.32%), Sodium: 667.8mg (29.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.55%), Vitamin B3: 7.59mg (37.94%), Vitamin B6: 0.6mg (29.85%), Selenium: 20.25µg (28.93%), Phosphorus: 240.05mg (24.01%), Manganese: 0.4mg (20.15%), Fiber: 4.63g (18.51%), Potassium: 646mg (18.46%), Iron: 3.12mg (17.36%), Copper: 0.3mg (15.17%), Magnesium: 57.15mg (14.29%), Vitamin A: 700.21IU (14%), Vitamin B5: 1.12mg (11.19%), Vitamin E: 1.62mg (10.82%), Vitamin B1: 0.16mg (10.71%), Folate: 41.11µg (10.28%), Vitamin B2: 0.17mg (9.74%), Vitamin C: 7.38mg (8.95%), Vitamin K: 8.54µg (8.13%), Zinc: 1.22mg (8.11%), Calcium: 63.97mg (6.4%), Vitamin B12: 0.12µg (1.93%)