



Chicken Enchilada Soup II

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



12

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken broth
- 1 teaspoon chili powder
- 1 cup enchilada sauce
- 1 clove garlic minced
- 0.5 teaspoon ground cumin
- 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 0.5 cup onion diced
- 1 pound processed cheese food cubed

- 1 teaspoon salt
- 1 pound chicken breast halves boneless skinless
- 1 tablespoon vegetable oil
- 3 cups water divided

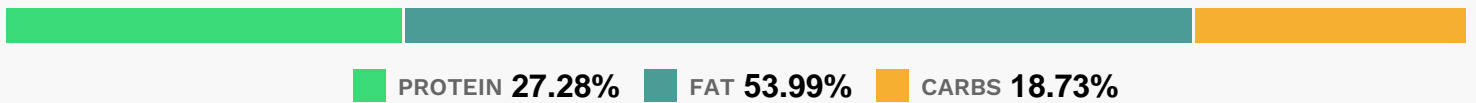
Equipment

- bowl
- whisk
- pot

Directions

- Heat oil in a large pot over medium heat. Brown chicken breasts for 4 to 5 minutes on each side. Shred and set aside.
- To the pot add onions and garlic; saute for 2 minutes, or until onions are translucent.
- Pour in chicken broth.
- In a medium bowl combine masa harina with 2 cups of water and whisk until well blended.
- To the onions and garlic add the masa harina mixture, remaining water, enchilada sauce, cheese, salt, chili powder and cumin. Bring to a boil; add shredded chicken. Reduce heat to low and simmer 30 to 40 minutes, or until thickened.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:11.791739121727%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 244.54kcal (12.23%), Fat: 14.71g (22.63%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 10.35g (3.76%), Sugar: 2.82g (3.14%), Cholesterol: 63.56mg (21.19%), Sodium: 1339.9mg (58.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.44%), Calcium: 418.15mg (41.82%), Phosphorus: 348.37mg (34.84%), Selenium: 21.48µg (30.69%), Vitamin B3: 5.12mg (25.59%), Vitamin B6: 0.36mg (18.18%), Vitamin B2: 0.25mg (14.87%), Vitamin B1: 0.19mg (12.73%), Vitamin A: 574.47IU (11.49%), Vitamin B12: 0.66µg (10.97%), Zinc: 1.42mg (9.45%), Magnesium: 31.15mg (7.79%), Iron: 1.37mg (7.6%), Vitamin B5: 0.73mg (7.27%), Potassium: 244.35mg (6.98%), Folate: 25.72µg (6.43%), Manganese: 0.12mg (5.93%), Fiber: 1.13g (4.53%), Vitamin E: 0.57mg (3.77%), Copper: 0.07mg (3.59%), Vitamin K: 3.35µg (3.19%), Vitamin D: 0.26µg (1.76%), Vitamin C: 1.43mg (1.74%)