



 **55%**  
HEALTH SCORE

## Chicken Fajitas Soup

 **Gluten Free**

READY IN



**75 min.**

SERVINGS



**8**

CALORIES



**856 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 14 ounces bell pepper sweet for fajita (three pepper blend by Pict brand )
- 7 ounces black beans sweet frozen with mexican seasoning)
- 15.5 ounces black beans
- 1 teaspoon pepper fresh black (coarsely ground )
- 8 servings rice black (I used Forbidden rice but any would do)
- 1.5 cups celery sliced ( )
- 8 servings cheese

- 29 ounces chicken broth canned (2 can college inn)
- 2 teaspoons cilantro leaves
- 2 cups roasted chicken cooked sliced (pre chicken, beef or turkey any will work or left over)
- 1 teaspoon cilantro leaves
- 1 teaspoon cumin
- 3 tablespoons garlic chopped (rough )
- 8 servings guacamole
- 14.5 ounces jalapeno diced
- 1 cup mushrooms sliced ( )
- 1 cup onion diced ( )
- 0.8 cup bell pepper red sliced in 1/4-inch x1/2-inch strips)
- 1 teaspoon salt
- 1 complete seasoning
- 8 servings cream sour
- 8 servings tortilla chips

## Equipment

- bowl
- pot

## Directions

- In a large soup pot add 1 tsp olive oil add onion, garlic, celery, mushrooms and fresh bell pepper. Saut until onion is clear approximately 5 minutes.
- Add tomatoes, chicken stock, beans and bay leaf cook for 15 minutes.
- Add spices and frozen peppers and corn.
- Add black beans and meat. Cook for 25 -40 minutes over medium heat. Check for seasoning - add more heat if you like add more cilantro, cumin etc - this is really all about your desired level of taste - make it yours).
- Serve in a large bowl with your favorite Mexican toppings - enjoy.Feliz Navidad - a great change from the American standard!

# Nutrition Facts

PROTEIN 26.47% FAT 32.94% CARBS 40.59%

## Properties

Glycemic Index:55.63, Glycemic Load:6.1, Inflammation Score:-10, Nutrition Score:44.721739178118%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

## Nutrients (% of daily need)

Calories: 855.67kcal (42.78%), Fat: 31.45g (48.39%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 87.18g (29.06%), Net Carbohydrates: 73.35g (26.67%), Sugar: 7.29g (8.1%), Cholesterol: 114.71mg (38.24%), Sodium: 1141.02mg (49.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.86g (113.73%), Vitamin C: 145.82mg (176.75%), Manganese: 2.36mg (118.06%), Phosphorus: 756.93mg (75.69%), Selenium: 51.48µg (73.55%), Vitamin A: 3216.85IU (64.34%), Vitamin B6: 1.2mg (59.88%), Fiber: 13.83g (55.31%), Magnesium: 204.56mg (51.14%), Vitamin B3: 10.09mg (50.47%), Folate: 199.03µg (49.76%), Zinc: 6.86mg (45.77%), Vitamin B1: 0.54mg (35.89%), Vitamin B2: 0.58mg (33.93%), Vitamin E: 5.08mg (33.85%), Calcium: 337.1mg (33.71%), Potassium: 1115.81mg (31.88%), Iron: 5.39mg (29.96%), Vitamin K: 29.04µg (27.66%), Copper: 0.51mg (25.45%), Vitamin B12: 1.48µg (24.62%), Vitamin B5: 2.37mg (23.69%), Vitamin D: 0.31µg (2.05%)