



Chicken Lime Soup

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



23 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 14 oz canned tomatoes diced undrained canned
- 6 cups chicken broth
- 2 Tbsp chipotle chile peppers chopped to taste
- 0.5 cup cilantro leaves chopped
- 3 cloves garlic minced
- 0.5 cup juice of lime fresh
- 1 cup cheddar & monterey jack cheeses shredded kraft

- 1 cup onion chopped
- 2 tsp oregano leaves dried
- 50 servings salt and pepper black
- 1.5 cups meat from a rotisserie chicken shredded cooked

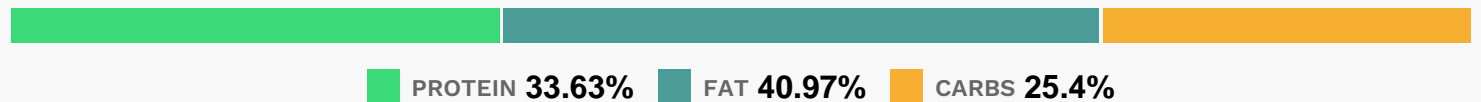
Equipment

- bowl
- pot

Directions

- Mix tomatoes, onion, chili peppers, garlic, oregano and bay leaf in 4-quart saucepot. Cook on medium-high heat 10 minutes, stirring occasionally.
- Add chicken, chicken broth and lime juice. Bring to boil. Reduce heat to medium-low; simmer 30 minutes.
- Remove and discard bay leaf. Season soup with salt and black pepper to taste.
- Serve in soup bowls topped with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.2704347773739%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 22.82kcal (1.14%), Fat: 1.07g (1.64%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.75g (0.83%), Cholesterol: 5.73mg (1.91%), Sodium: 327.28mg (14.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Calcium: 23.75mg (2.37%), Vitamin B3: 0.46mg (2.32%), Phosphorus: 22.46mg (2.25%), Vitamin B2: 0.04mg (2.24%), Selenium: 1.53µg (2.19%), Vitamin C: 1.8mg (2.19%), Vitamin B6: 0.04mg (1.79%), Manganese: 0.03mg (1.63%), Fiber: 0.35g (1.41%), Vitamin K: 1.26µg (1.2%), Potassium: 41.46mg (1.18%), Zinc: 0.18mg (1.17%), Iron: 0.21mg (1.15%), Vitamin B1: 0.02mg (1.01%)