



Chili-Spiced Chicken Soup with Stoplight Peppers and Avocado Relish

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced peeled
- 28 ounce canned tomatoes crushed undrained canned
- 1 tablespoon canola oil divided
- 2.5 teaspoons chili powder
- 0.5 cup cilantro leaves fresh chopped
- 2 cups corn kernels fresh
- 1 tablespoon garlic minced

- 1 cup bell pepper green chopped
- 0.3 cup green onions chopped
- 1.5 teaspoons ground coriander
- 2 teaspoons ground cumin
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated
- 1 teaspoon oregano dried
- 1 teaspoon cracked pepper black
- 3 ounces queso fresco crumbled
- 1 cup bell pepper red chopped
- 0.5 teaspoon salt
- 1.3 pounds chicken breasts boneless skinless cut into 1/2-inch-wide strips
- 2 cups onion sweet chopped
- 1 cup bell pepper yellow chopped
- 32 ounce carton fat-free

Equipment

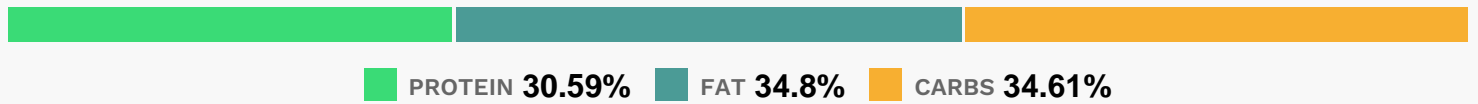
- bowl
- frying pan
- sauce pan
- ladle

Directions

- To prepare spice blend, combine first 6 ingredients in a small bowl.
- To prepare soup, heat 2 teaspoons oil in a large nonstick saucepan over medium-high heat.
- Add chicken; sprinkle 1 1/2 tablespoons spice blend over chicken. Saut 8 minutes or until done; cool. Chop chicken; set aside.

- Heat remaining 1 teaspoon oil in pan over medium-high heat; add onion, bell peppers, garlic, and 1/2 teaspoon salt.
- Sprinkle vegetable mixture with remaining spice blend; saut 8 minutes or until vegetables are tender. Stir in chicken, corn, broth, and tomatoes; bring to a boil. Reduce heat; simmer 15 minutes.
- Add lime juice.
- To prepare relish, combine chopped cilantro and next 4 ingredients (through avocado).
- Ladle 1 1/4 cups soup into bowls; top with 1/4 cup relish.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:25.93869562771%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 274.49kcal (13.72%), Fat: 11.28g (17.35%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 18.94g (6.89%), Sugar: 11.02g (12.25%), Cholesterol: 54.96mg (18.32%), Sodium: 1029.2mg (44.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.31g (44.62%), Vitamin C: 92.56mg (112.19%), Vitamin B3: 10.59mg (52.94%), Vitamin B6: 1mg (50.09%), Selenium: 26.83µg (38.33%), Phosphorus: 306.01mg (30.6%), Potassium: 1023.57mg (29.24%), Vitamin A: 1425.12IU (28.5%), Vitamin K: 28.97µg (27.59%), Manganese: 0.54mg (27.21%), Fiber: 6.3g (25.22%), Vitamin B5: 2.12mg (21.22%), Vitamin E: 3.04mg (20.29%), Folate: 81.1µg (20.27%), Magnesium: 79.36mg (19.84%), Copper: 0.38mg (18.78%), Vitamin B1: 0.28mg (18.38%), Vitamin B2: 0.31mg (18.3%), Iron: 3.03mg (16.85%), Calcium: 139.69mg (13.97%), Zinc: 1.63mg (10.86%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.36µg (2.39%)