

# Chipotle Chicken Enchilada Chowder

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 chipotles in adobo canned to taste ( )
- 2 stalks celery chopped
- 1 quart chicken broth
- 1 teaspoon chili powder
- 0.5 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 4 ounces to 2 chilies slit green canned
- 1 bunch spring onion thinly sliced

- 1 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
- 1 tablespoon olive oil
- 1 onion chopped
- 0.5 teaspoon oregano dried crumbled
- 1 cup enchilada sauce red
- 3 medium potatoes - remove skin red chopped
- 1 teaspoon salt
- 1 lb cheddar cheese white grated
- 3 cups chicken shredded cooked
- 3 cups water

## Equipment

- bowl
- ladle
- whisk
- pot

## Directions

- In a large soup pot, add olive oil, onion,celery, and garlic; saute about 2 minutes.
- Add chicken broth to pot, and stir.In a bowl whisk masa harina and 2 cups of water, and mix until well blended.
- Add masa mixture to the soup pot.
- Add remaining cup of water, enchilada sauce, cheese, spices, green onions, green chiles and the chipotle chile, and bring to a boil. Simmer for 20 minutes.
- Add cooked shredded chicken and potatoes to pot and simmer for 20 more minutes, or until potatoes are tender.
- Add cilantro and ladle into bowls.Dollop with sour cream, if desired.

## Nutrition Facts

PROTEIN 25.73% FAT 47.98% CARBS 26.29%

## Properties

Glycemic Index:23.75, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:20.592173845872%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

## Nutrients (% of daily need)

Calories: 477.2kcal (23.86%), Fat: 25.56g (39.32%), Saturated Fat: 12.22g (76.38%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 27.41g (9.97%), Sugar: 5.15g (5.72%), Cholesterol: 98.44mg (32.81%), Sodium: 1480.73mg (64.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.68%), Selenium: 32.09µg (45.84%), Calcium: 457.94mg (45.79%), Phosphorus: 455.17mg (45.52%), Vitamin B3: 6.88mg (34.41%), Vitamin B2: 0.55mg (32.6%), Vitamin B6: 0.5mg (24.87%), Vitamin B1: 0.36mg (24.18%), Zinc: 3.57mg (23.83%), Vitamin A: 1050.32IU (21.01%), Potassium: 658.15mg (18.8%), Vitamin K: 18.09µg (17.23%), Iron: 3.07mg (17.05%), Folate: 67.85µg (16.96%), Fiber: 4.11g (16.44%), Magnesium: 64.29mg (16.07%), Manganese: 0.31mg (15.41%), Vitamin C: 11.47mg (13.91%), Vitamin B12: 0.78µg (12.95%), Copper: 0.23mg (11.68%), Vitamin B5: 1.06mg (10.6%), Vitamin E: 0.93mg (6.2%), Vitamin D: 0.34µg (2.27%)