



Chipotle Chile, Black Bean and Chicken Soup

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp butter
- ☐ 1 quart chicken broth homemade (preferably roast chicken stock)
- ☐ 0.3 tsp chipotle chile powder to taste (or)
- ☐ 1.5 cups black beans cooked
- ☐ 2 cups meat from a rotisserie chicken cooked chopped (into bite-sized pieces)
- ☐ 1 tsp cumin
- ☐ 1 tsp mexican oregano
- ☐ 1 cup salsa prepared

☐ 1 onion yellow chopped fine ()

Equipment

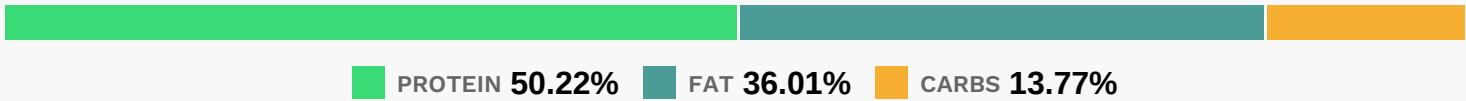
☐ frying pan

☐ pot

Directions

- ☐ In a soup pot, heat butter in a skillet over medium-high heat until melted, then add chopped yellow onion and fry until translucent, about 4 minutes.Stir in cumin, chipotle chili powder and Mexican oregano into the mixture of onions and butter, continuing to cook for about one to two minutes.
- ☐ Add chicken broth and salsa to the onions, butter, cumin and oregano.
- ☐ Add cooked chicken and black beans to the soup pot, reduce heat to medium-low and simmer uncovered for approximately ten to fifteen minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.33, Inflammation Score:-7, Nutrition Score:22.084347766379%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 454.65kcal (22.73%), Fat: 17.82g (27.41%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 10.28g (3.74%), Sugar: 2.54g (2.82%), Cholesterol: 163.47mg (54.49%), Sodium: 469.97mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.9g (111.8%), Vitamin B3: 16.86mg (84.32%), Selenium: 51.36µg (73.37%), Vitamin B6: 0.97mg (48.53%), Phosphorus: 475.06mg (47.51%), Zinc: 3.73mg (24.9%), Vitamin B5: 2.21mg (22.09%), Potassium: 770.15mg (22%), Iron: 3.93mg (21.83%), Magnesium: 83.48mg (20.87%), Vitamin B2: 0.35mg (20.53%), Fiber: 5.05g (20.22%), Folate: 80.39µg (20.1%), Vitamin B1: 0.26mg (17.21%), Manganese: 0.32mg (16.22%), Copper: 0.25mg (12.32%), Vitamin B12: 0.6µg (10.01%), Vitamin A: 422.37IU (8.45%), Calcium: 61.52mg (6.15%), Vitamin E: 0.71mg (4.72%), Vitamin K: 4.11µg (3.91%), Vitamin C: 2.21mg (2.68%)