



## Colombian Chicken Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound asparagus thick cut into 1-inch lengths
- 1 tablespoon capers drained
- 1.5 pounds chicken breast skinless
- 0.5 cup cilantro leaves chopped
- 2 shucked ears of corn cut into 6 rounds
- 0.3 cup yogurt fat-free
- 2 garlic smashed
- 0.5 teaspoon ground cumin

- 1 haas avocados diced
- 8 cups chicken broth low-sodium
- 6 servings pepper freshly ground
- 6 servings salt
- 0.5 cup scallions thinly sliced
- 0.7 cup short-grain brown rice
- 1.3 cups water
- 0.5 pound potatoes white peeled cut into 3/4-inch cubes

## Equipment

- bowl
- sauce pan
- ladle
- pot

## Directions

- In a small saucepan, cover the rice with the water and bring to a boil. Reduce the heat, cover and simmer until the rice is tender, 35 to 45 minutes.
- Remove from the heat and let stand for 10 minutes, then season with salt and fluff with a fork.
- Meanwhile, in a large saucepan, combine the chicken, scallions, garlic, corn, cumin and 1/2 cup of the cilantro with the chicken broth. Season with salt and pepper and bring to a boil. Simmer the broth over moderately high heat until the chicken is cooked through, about 12 minutes.
- Transfer the chicken to a plate and let cool slightly. Pull the meat off the bones and shred.
- Strain the broth and return it to the saucepan. Return the corn to the broth and discard the remaining solids. Bring the broth to a boil.
- Add the potatoes and simmer over moderately high heat until nearly tender, about 8 minutes.
- Add the asparagus and simmer until the potatoes and asparagus are tender, about 5 minutes longer. Return the shredded chicken to the pot and season the soup with salt and pepper.
- Ladle the soup into bowls and garnish with the avocado, yogurt, capers, brown rice and remaining 2 tablespoons of cilantro.

# Nutrition Facts

PROTEIN 36.19% FAT 24.59% CARBS 39.22%

## Properties

Glycemic Index:57.58, Glycemic Load:15.03, Inflammation Score:-7, Nutrition Score:28.825652360916%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

## Nutrients (% of daily need)

Calories: 387.49kcal (19.37%), Fat: 10.93g (16.81%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 33.63g (12.23%), Sugar: 4.52g (5.03%), Cholesterol: 72.78mg (24.26%), Sodium: 480.32mg (20.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.18g (72.36%), Vitamin B3: 19.07mg (95.37%), Vitamin B6: 1.28mg (64%), Manganese: 1.12mg (55.95%), Selenium: 38.19µg (54.55%), Phosphorus: 498.93mg (49.89%), Vitamin K: 45.72µg (43.54%), Potassium: 1293.58mg (36.96%), Vitamin B5: 2.93mg (29.31%), Magnesium: 105.16mg (26.29%), Copper: 0.48mg (23.78%), Vitamin C: 18.71mg (22.68%), Fiber: 5.59g (22.34%), Vitamin B2: 0.38mg (22.31%), Vitamin B1: 0.33mg (22.09%), Folate: 82.17µg (20.54%), Iron: 3.24mg (18.01%), Zinc: 2.26mg (15.04%), Vitamin A: 603.91IU (12.08%), Vitamin B12: 0.6µg (10.06%), Vitamin E: 1.46mg (9.73%), Calcium: 77.06mg (7.71%)