



Easy Chicken Fajita Soup



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce seasoned black beans canned
- ☐ 14 ounce chicken broth canned
- ☐ 14.5 ounce canned tomatoes diced fire roasted canned
- ☐ 1 bell pepper green cut into thin strips
- ☐ 1 dash hot sauce
- ☐ 1 large onion cut into thin strips
- ☐ 1 poblano pepper cut into thin strips
- ☐ 1 bell pepper red cut into thin strips

- ☐ 10 servings salt and pepper to taste
- ☐ 1.3 ounce fajita seasoning
- ☐ 1 pound chicken breasts boneless skinless cut into strips
- ☐ 2 tablespoons vegetable oil

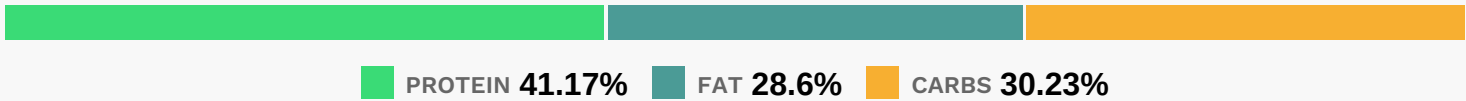
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large soup pot over medium heat.
- ☐ Place chicken in the hot oil; cook, stirring only occasionally, until brown, about 10 minutes.
- ☐ Sprinkle fajita seasoning over the browned chicken and stir well to coat.
- ☐ Add the red and green bell pepper, poblano pepper, and onion to the seasoned chicken. Stir and cook over medium heat until the vegetables are soft, about 10 minutes.
- ☐ Pour the fire roasted tomatoes, black beans, and chicken broth into the pot with the chicken and vegetables. Bring the soup to a boil over high heat, then reduce the heat to medium-low, and simmer uncovered for 30 minutes, stirring occasionally.
- ☐ Season the soup with hot sauce, salt, and pepper to taste before serving.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:2.49, Inflammation Score:-7, Nutrition Score:17.436521626037%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 238.16kcal (11.91%), Fat: 7.58g (11.67%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 11.58g (4.21%), Sugar: 2.8g (3.12%), Cholesterol: 48.87mg (16.29%), Sodium: 504.39mg (21.93%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Vitamin C: 36.85mg (44.67%), Selenium: 22.58µg (32.25%), Vitamin B3: 6.31mg (31.57%), Vitamin B6: 0.59mg (29.4%), Vitamin K: 30.79µg (29.33%), Fiber: 6.46g (25.82%), Phosphorus: 233.05mg (23.3%), Manganese: 0.44mg (21.87%), Folate: 85.21µg (21.3%), Iron: 3.29mg (18.28%), Magnesium: 64.14mg (16.03%), Vitamin A: 773.04IU (15.46%), Potassium: 513.59mg (14.67%), Zinc: 1.92mg (12.77%), Vitamin B1: 0.17mg (11.07%), Calcium: 95.92mg (9.59%), Vitamin E: 1.37mg (9.15%), Vitamin B2: 0.15mg (8.82%), Vitamin B5: 0.86mg (8.62%), Copper: 0.17mg (8.37%), Vitamin B12: 0.49µg (8.13%)