



Fiesta Chicken Soup

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



38 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup canned tomatoes undrained ()
- 0.8 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 tsp chili powder
- 14 oz chicken broth fat-free reduced-sodium canned
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 onion chopped
- 8.5 oz peas-carrots mix shopping list diced drained canned
- 0.8 lb chicken breasts boneless skinless cut into bite-size pieces

1.3 cups water

Equipment

bowl

sauce pan

ladle

broiler

Directions

Heat dressing in large saucepan on medium-high heat.

Add chicken and onions; cook 5 min., stirring occasionally.

Add all remaining ingredients except cheese; stir. Bring to boil; simmer on medium heat 8 min. or until chicken is done and onions are tender. Meanwhile, heat broiler.

Ladle soup into 6 ovenproof bowls; top with cheese. Broil, 6 inches from heat, 2 to 3 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.07, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:3.2073913423911%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 38.24kcal (1.91%), Fat: 1.77g (2.72%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.76g (0.84%), Cholesterol: 10.08mg (3.36%), Sodium: 124.29mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin A: 839.35IU (16.79%), Vitamin B3: 1.49mg (7.44%), Selenium: 4.94µg (7.06%), Vitamin B6: 0.12mg (5.82%), Phosphorus: 47.24mg (4.72%), Calcium: 27.67mg (2.77%), Potassium: 96.07mg (2.74%), Vitamin C: 2.06mg (2.49%), Vitamin B5: 0.23mg (2.33%), Vitamin B2: 0.04mg (2.3%), Manganese: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.17%), Fiber: 0.52g (2.08%), Magnesium: 7.6mg

(1.9%), Zinc: 0.25mg (1.65%), Vitamin K: 1.72µg (1.64%), Copper: 0.03mg (1.63%), Iron: 0.29mg (1.59%), Vitamin E: 0.22mg (1.48%), Folate: 5.84µg (1.46%), Vitamin B12: 0.08µg (1.32%)