



Fiesta Chowder

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 14.5 ounce canned tomatoes mexican-style canned
- ☐ 10.8 ounce condensed nacho cheese soup canned
- ☐ 4 skinned and boned chicken breast halves cubed
- ☐ 10 servings garnish: cilantro fresh chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons cilantro leaves fresh chopped

- ☐ 1 teaspoon garlic minced
- ☐ 1 cup brown rice instant uncooked
- ☐ 1 tablespoon juice of lime
- ☐ 1 medium onion chopped
- ☐ 1.4 ounce fajita seasoning divided
- ☐ 3 tablespoons vegetable oil
- ☐ 3 cups water
- ☐ 15.3 ounce kernel corn whole with red and green peppers, drained canned

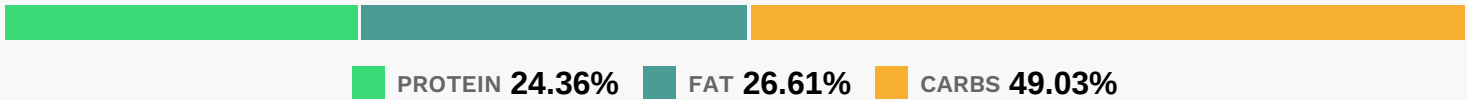
Equipment

- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine flour and 2 tablespoons fajita seasoning in a heavy-duty zip-top plastic bag; add chicken. Seal and shake to coat.
- ☐ Cook chicken in hot oil in a large Dutch oven over high heat, stirring often, 4 minutes or until browned. Reduce heat to medium-high; add onion and garlic; saut 5 minutes. Stir in remaining fajita seasoning, corn, next 5 ingredients, and, if desired, olives. Bring mixture to a boil; reduce heat to medium-low, cover and simmer 5 minutes.
- ☐ Remove lid, and stir in nacho cheese soup, chopped cilantro, and lime juice.
- ☐ Garnish, if desired, and serve with breadsticks, if desired.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:2.39, Inflammation Score:-6, Nutrition Score:16.09739121406%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 255.46kcal (12.77%), Fat: 7.66g (11.78%), Saturated Fat: 1.6g (10%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 25.46g (9.26%), Sugar: 2.97g (3.3%), Cholesterol: 30.15mg (10.05%), Sodium: 556.86mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.77g (31.55%), Vitamin B3: 6.84mg (34.18%), Vitamin K: 35.2µg (33.53%), Selenium: 19.54µg (27.92%), Manganese: 0.52mg (26.19%), Vitamin B6: 0.51mg (25.48%), Fiber: 6.29g (25.17%), Folate: 92.08µg (23.02%), Iron: 3.92mg (21.75%), Potassium: 695.88mg (19.88%), Phosphorus: 195.55mg (19.55%), Vitamin B1: 0.24mg (15.84%), Vitamin C: 12.08mg (14.64%), Magnesium: 54.6mg (13.65%), Copper: 0.24mg (12.18%), Calcium: 117.5mg (11.75%), Vitamin E: 1.67mg (11.16%), Vitamin B2: 0.17mg (9.78%), Vitamin B5: 0.95mg (9.49%), Zinc: 1.01mg (6.75%), Vitamin A: 325.89IU (6.52%), Vitamin B12: 0.09µg (1.51%)