



Green Chile Chicken and Rice Soup

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon garlic powder
- ☐ 1 cup chile peppers green chopped
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups chicken broth low-sodium
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon oregano dried

- ☐ 2 chicken breast halves boneless skinless
- ☐ 3 cups water
- ☐ 1 small onion diced white
- ☐ 1 cup rice medium-grain white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring water to a boil in a saucepan; add 1 tablespoon oregano, salt, and 1/4 teaspoon garlic powder. Reduce heat, add chicken, and simmer until chicken is no longer pink in the center, 10 to 15 minutes.
- ☐ Remove chicken from broth and set aside to cool.
- ☐ Strain the chicken broth and transfer 2 cups to a pan; bring to a boil.
- ☐ Add rice to the boiling water, reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes.
- ☐ Heat olive oil in a stockpot over medium heat; cook and stir onion in the hot oil until softened, about 10 minutes.
- ☐ Mix the chicken broth, green chile peppers, cumin, 1 tablespoons oregano, and 1/4 teaspoon garlic powder into onion. Cover stockpot and simmer.
- ☐ Shred cooled chicken; add to simmering onion mixture. Simmer until chicken is cooked through, 5 to 10 minutes.
- ☐ Spoon 1/4 of the cooked rice into each serving bowl; sprinkle with 1 ounce Monterey Jack cheese. Ladle 1/4 of the soup into each bowl.

Nutrition Facts



 **PROTEIN 26.29%**  **FAT 28.76%**  **CARBS 44.95%**

Properties

Glycemic Index:32.55, Glycemic Load:22.72, Inflammation Score:-8, Nutrition Score:16.131739170655%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 402.81kcal (20.14%), Fat: 12.83g (19.73%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 42.25g (15.36%), Sugar: 2.51g (2.79%), Cholesterol: 61.39mg (20.46%), Sodium: 1009.83mg (43.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin B3: 9.23mg (46.16%), Selenium: 29.44µg (42.06%), Phosphorus: 366mg (36.6%), Manganese: 0.65mg (32.65%), Vitamin B6: 0.58mg (29.14%), Calcium: 278.14mg (27.81%), Vitamin B2: 0.26mg (15.25%), Iron: 2.67mg (14.82%), Potassium: 507.91mg (14.51%), Copper: 0.27mg (13.7%), Vitamin B5: 1.37mg (13.68%), Zinc: 2.02mg (13.46%), Magnesium: 48.23mg (12.06%), Fiber: 2.84g (11.37%), Vitamin K: 9.39µg (8.95%), Vitamin B12: 0.53µg (8.76%), Vitamin C: 6.62mg (8.02%), Vitamin B1: 0.09mg (6.22%), Vitamin A: 275.62IU (5.51%), Folate: 17.59µg (4.4%), Vitamin E: 0.66mg (4.39%), Vitamin D: 0.23µg (1.51%)