



 **74%**
HEALTH SCORE

Grubbin' Spicy Chicken Soup

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup anaheim chile diced seeded
- 2 cups bell pepper strips red
- 3 cups navy beans canned drained
- 0.3 cup julienne-cut carrot (1-inch)
- 1 tablespoon chili powder
- 2 tablespoons chili powder
- 2 cups chicken breast shredded cooked
- 1 teaspoon pepper red crushed

- 4 garlic cloves minced
- 4 cups cabbage green coarsely chopped
- 2 tablespoons jalapeno diced seeded
- 0.5 cup cup heavy whipping cream sour low-fat
- 42 ounce low-salt chicken broth divided canned
- 1 tablespoon olive oil
- 0.5 cup orange juice fresh
- 1 tablespoon orange rind grated
- 4 plum tomatoes
- 0.5 teaspoon salt
- 1 cup onion diced sweet
- 4 cups vegetable juice
- 1 cup rice wild uncooked

Equipment

- frying pan
- dutch oven

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add the onion and next 4 ingredients (onion through garlic); saut 4 minutes or until the onion is tender. Stir in chicken and orange juice; bring to a boil. Cook for 2 minutes or until the liquid is almost evaporated, stirring constantly.
- Add 1 can broth; bring to a boil. Stir in the bell pepper, carrot, Anaheim chile, jalapeo, and salt. Cook over medium heat 15 minutes or until vegetables are tender. Set aside.
- Combine remaining 3 cans broth, cabbage, vegetable juice, rice, 1 tablespoon chili powder, and tomatoes in a large Dutch oven; bring to a boil. Reduce heat, and simmer 20 minutes.
- Add chicken mixture and beans; cook an additional 45 minutes.
- Serve with sour cream.

Note: Make this soup 1 day ahead of time--the flavors meld and become more intense the next day.

Nutrition Facts



Properties

Glycemic Index:46.73, Glycemic Load:11.89, Inflammation Score:-10, Nutrition Score:30.802608570327%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 380.57kcal (19.03%), Fat: 7.88g (12.13%), Saturated Fat: 2.36g (14.78%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 43.9g (15.96%), Sugar: 11.77g (13.08%), Cholesterol: 31.28mg (10.43%), Sodium: 980.39mg (42.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.11%), Vitamin C: 117.54mg (142.47%), Vitamin A: 4449.48IU (88.99%), Fiber: 11.28g (45.12%), Manganese: 0.88mg (44.13%), Vitamin B3: 7.85mg (39.23%), Phosphorus: 389.62mg (38.96%), Vitamin K: 40.16µg (38.25%), Potassium: 1204.27mg (34.41%), Folate: 132.54µg (33.13%), Vitamin B6: 0.66mg (33.03%), Magnesium: 114.03mg (28.51%), Copper: 0.5mg (24.93%), Iron: 4.44mg (24.67%), Selenium: 16.48µg (23.54%), Vitamin E: 3.46mg (23.04%), Zinc: 3.12mg (20.81%), Vitamin B2: 0.32mg (18.74%), Vitamin B1: 0.28mg (18.74%), Calcium: 142.54mg (14.25%), Vitamin B5: 1.06mg (10.61%), Vitamin B12: 0.31µg (5.18%)