



## Hearty Chipotle Chicken Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large onion chopped
- 1 tablespoon canola oil
- 4 garlic clove minced
- 4 cups chicken broth reduced-sodium
- 30 ounces pinto beans rinsed drained canned
- 28 ounces canned tomatoes diced undrained canned
- 3 cups corn frozen
- 2 chipotles in adobo minced seeded

- 2 teaspoons chiles in adobo sauce
- 1 teaspoon ground cumin
- 0.3 teaspoon pepper
- 2 cups chicken breast strips/pre-cooked/chopped cubed cooked
- 0.5 cup cream fat-free sour
- 0.3 cup cilantro leaves fresh minced

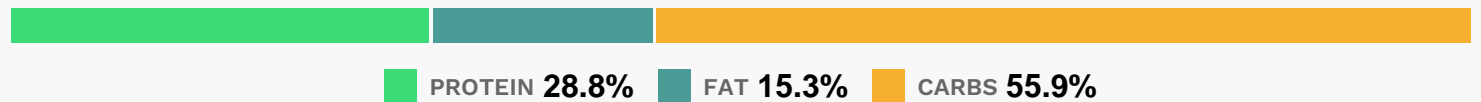
## Equipment

- dutch oven

## Directions

- In a Dutch oven, saute onion in oil until tender.
- Add garlic; cook 1 minute longer.
- Add the broth, beans, tomatoes, corn, chipotle peppers, adobo sauce, cumin and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.
- Stir in chicken; heat through.
- Garnish with sour cream; sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:5.6, Inflammation Score:-6, Nutrition Score:14.867391357603%

## Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 290.2kcal (14.51%), Fat: 5.13g (7.9%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 34g (12.36%), Sugar: 4.68g (5.2%), Cholesterol: 31.04mg (10.35%), Sodium: 738.48mg (32.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.47%), Vitamin B3: 7.81mg (39.03%), Fiber: 8.18g

(32.74%), Phosphorus: 290.29mg (29.03%), Manganese: 0.51mg (25.47%), Vitamin B6: 0.46mg (22.86%), Potassium: 728.59mg (20.82%), Iron: 3.51mg (19.48%), Magnesium: 71.34mg (17.83%), Selenium: 11.28µg (16.12%), Copper: 0.3mg (14.99%), Folate: 57.31µg (14.33%), Calcium: 121.65mg (12.17%), Vitamin C: 9.07mg (10.99%), Zinc: 1.64mg (10.91%), Vitamin B1: 0.16mg (10.89%), Vitamin B2: 0.18mg (10.42%), Vitamin A: 484.07IU (9.68%), Vitamin E: 1.07mg (7.11%), Vitamin B5: 0.7mg (6.99%), Vitamin K: 5.45µg (5.19%), Vitamin B12: 0.28µg (4.67%)