



Hearty Mexican Chicken Soup

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



77 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 oz .5 can cannellini beans rinsed canned
- 1 cup four cheese shredded mexican style kraft finely
- 4 cups chicken broth fat-free reduced-sodium
- 0.3 cup cilantro leaves fresh chopped
- 1 cup regular corn frozen
- 1 clove garlic minced
- 2 green onions chopped
- 0.5 tsp ground cumin

- 1 Tbsp oil
- 2 cups rotisserie chicken cut shredded
- 1 cup taco bellâ® & chunky salsa thick
- 1 large onion yellow chopped

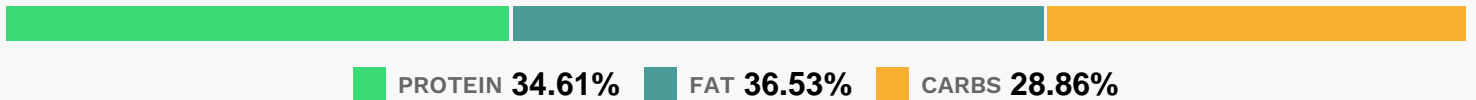
Equipment

- sauce pan

Directions

- Cook yellow onions in hot oil in large saucepan on medium heat 6 to 7 min. or until tender, stirring frequently.
- Add garlic and cumin; cook and stir 1 min.
- Add broth, beans and salsa; stir. Bring to boil. Stir in chicken and corn. Return to boil; simmer 5 min., stirring occasionally.
- Remove from heat.
- Stir in green onions and cilantro.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:2.6643478624199%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 76.89kcal (3.84%), Fat: 3.2g (4.93%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.57g (1.66%), Sugar: 0.67g (0.74%), Cholesterol: 18.91mg (6.3%), Sodium: 261.48mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Manganese: 0.11mg (5.44%), Fiber: 1.13g (4.51%),

Phosphorus: 43.6mg (4.36%), Calcium: 43.49mg (4.35%), Folate: 14.71µg (3.68%), Potassium: 128.21mg (3.66%), Iron: 0.61mg (3.38%), Magnesium: 12.69mg (3.17%), Vitamin K: 3.3µg (3.15%), Selenium: 2.14µg (3.05%), Copper: 0.05mg (2.65%), Vitamin B6: 0.05mg (2.55%), Zinc: 0.38mg (2.53%), Vitamin E: 0.34mg (2.28%), Vitamin B2: 0.04mg (2.26%), Vitamin B1: 0.03mg (1.95%), Vitamin B3: 0.39mg (1.95%), Vitamin A: 97.07IU (1.94%), Vitamin B12: 0.1µg (1.67%), Vitamin C: 1.15mg (1.39%), Vitamin B5: 0.12mg (1.21%)