



Jalapeno Popper Chicken Soup



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1 inch pieces
- ☐ 15 ounce beans white canned
- ☐ 1 cup aged cheddar cheese shredded
- ☐ 1 cup regular corn
- ☐ 4 ounces cream cheese room temperature
- ☐ 2 cloves garlic chopped
- ☐ 4 jalapeño peppers diced
- ☐ 1 tablespoon oil

- ☐ 1 onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups meat from a rotisserie chicken diced shredded cooked
- ☐ 4 cups vegetable broth

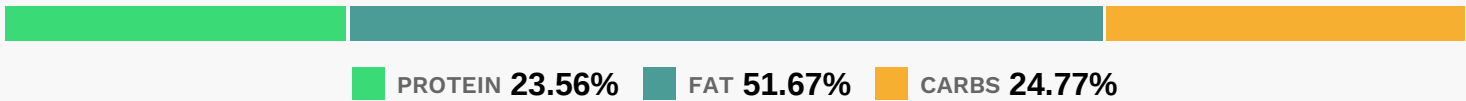
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook the bacon in a large sauce pan until crispy, set aside on paper towels to drain and pour off the excess grease.
- ☐ Heat the oil in the pan over medium heat, add onion and jalapeno peppers and cook until tender, about 5–7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the broth, bacon, chicken and beans and simmer for 15 minutes, seasoning with salt and pepper to taste.
- ☐ Add the corn, cream cheese and cheddar cheese and stir it in until the cheeses melt.

Nutrition Facts



Properties

Glycemic Index:68.63, Glycemic Load:12.21, Inflammation Score:-8, Nutrition Score:24.174782742625%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 641.26kcal (32.06%), Fat: 37.2g (57.23%), Saturated Fat: 15.78g (98.64%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 33.22g (12.08%), Sugar: 6.97g (7.75%), Cholesterol: 123.9mg (41.3%), Sodium: 1613.18mg (70.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.17g (76.33%), Selenium: 34.26µg (48.94%), Phosphorus: 466.1mg (46.61%), Vitamin B3: 7.43mg (37.16%), Manganese: 0.71mg (35.33%), Calcium: 326.33mg (32.63%), Vitamin B6: 0.62mg (31.22%), Vitamin A: 1454.05IU (29.08%), Fiber: 6.92g (27.67%), Zinc: 4.02mg (26.77%), Potassium: 910.54mg (26.02%), Vitamin C: 21.22mg (25.73%), Iron: 4.49mg (24.92%), Folate: 98.99µg (24.75%), Magnesium: 96.98mg (24.24%), Vitamin B2: 0.39mg (22.98%), Vitamin B1: 0.28mg (18.53%), Copper: 0.35mg (17.54%), Vitamin E: 2.55mg (16.97%), Vitamin B5: 1.67mg (16.69%), Vitamin B12: 0.67µg (11.25%), Vitamin K: 9.73µg (9.27%), Vitamin D: 0.26µg (1.72%)