



Johnsonville® Chipotle Monterey Jack Cheese Chicken Sausage Mexican Market Soup

READY IN



68 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups angel hair pasta uncooked
- 3 medium carrots chopped
- 3 rib celery chopped
- 64 ounce cartons chicken broth reduced-sodium
- 0.5 cup cilantro leaves fresh chopped
- 16 ounce salsa green (salsa verde)
- 12 ounce chipotle monterey jack cheese chicken sausage sliced johnsonville®
- 1 tablespoon olive oil

- 1 medium onion chopped
- 3 medium potatoes cubed peeled
- 2 medium tomatoes chopped

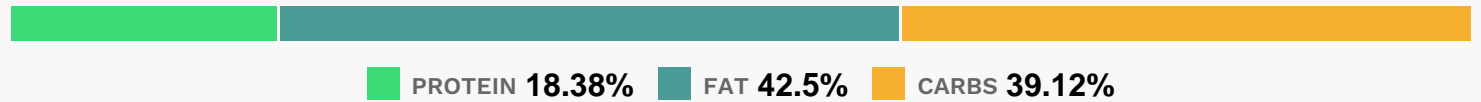
Equipment

- pot

Directions

- In a soup pot, saute the carrots, celery and onion in oil until tender.
- Add noodles; saute until lightly browned.
- Add the broth, potatoes, tomatoes and salsa; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until potatoes are tender.
- Add sausage; simmer 10 minutes longer or until heated through. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:54.76, Glycemic Load:21.12, Inflammation Score:-10, Nutrition Score:22.838260920151%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 464.95kcal (23.25%), Fat: 21.89g (33.67%), Saturated Fat: 11.3g (70.62%), Carbohydrates: 45.34g (15.11%), Net Carbohydrates: 40.69g (14.8%), Sugar: 10.96g (12.18%), Cholesterol: 56.51mg (18.84%), Sodium: 2038.04mg (88.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Vitamin A: 6446.13IU (128.92%), Calcium: 471.29mg (47.13%), Vitamin C: 33mg (40%), Phosphorus: 386.57mg (38.66%), Selenium: 21.74µg (31.05%), Manganese: 0.6mg (30.02%), Vitamin B2: 0.48mg (28.1%), Potassium: 973.81mg (27.82%), Vitamin B6: 0.48mg (24.24%), Fiber: 4.65g (18.58%), Zinc: 2.67mg (17.78%), Magnesium: 63.17mg (15.79%), Vitamin K: 16.48µg (15.7%),

Vitamin B1: 0.22mg (14.59%), Copper: 0.28mg (14.05%), Vitamin B3: 2.74mg (13.69%), Folate: 47.06µg (11.76%), Iron: 1.97mg (10.96%), Vitamin B12: 0.53µg (8.85%), Vitamin E: 1.1mg (7.31%), Vitamin B5: 0.69mg (6.93%), Vitamin D: 0.34µg (2.27%)