



Mexican Chicken and Chayote Soup

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz firm-ripe avocado pitted peeled sliced
- ☐ 14 oz canned tomatoes diced canned
- ☐ 12 oz chayote)
- ☐ 4 servings rice hot cooked
- ☐ 1 teaspoon cumin seeds
- ☐ 4 cups fat-skimmed chicken broth
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 15 oz garbanzos rinsed drained canned

- ☐ 3 cloves garlic peeled chopped
- ☐ 2 jalapeño chiles fresh stemmed rinsed thinly sliced
- ☐ 4 servings lime wedges
- ☐ 4 servings salt
- ☐ 1 tablespoon vegetable oil
- ☐ 6 oz onion white peeled chopped
- ☐ 24 oz boned rinsed

Equipment

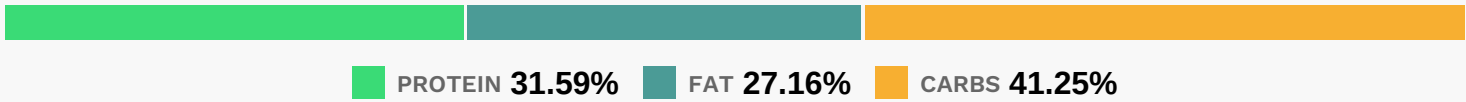
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ spatula
- ☐ tongs

Directions

- ☐ Rinse chayote and cut into 1/2-inch cubes (you can cut through edible seed).
- ☐ Set a 5- to 6-quart pan over high heat. When hot, add oil, onion, garlic, chiles, and cumin; stir until onion begins to brown, 2 to 3 minutes.
- ☐ Add broth, tomatoes (including juice), garbanzos, and the chayote; bring to a boil.
- ☐ Add chicken in a single layer, pushing down to submerge in liquid. Return to a boil, then cover pan tightly and remove from heat.
- ☐ Let stand until chicken is no longer pink in center of thickest part (cut to test), 15 to 17 minutes. With tongs, lift chicken out. Return soup to a boil over high heat; if chayote is not tender, simmer, covered, until tender when pierced.
- ☐ Cut chicken breasts crosswise into thick slices, leaving pieces next to each other; with a wide spatula, transfer each sliced breast half to a wide bowl.
- ☐ Ladle soup into bowls. Distribute avocado and cilantro over chicken and garnish with lime wedges to squeeze over servings.
- ☐ Add salt to taste.

Serve with rice to spoon into soup.

Nutrition Facts



Properties

Glycemic Index:86.94, Glycemic Load:31.23, Inflammation Score:-9, Nutrition Score:45.158261169558%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 656.75kcal (32.84%), Fat: 20.1g (30.92%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 53.59g (19.49%), Sugar: 12.49g (13.88%), Cholesterol: 108.86mg (36.29%), Sodium: 1483.67mg (64.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.59g (105.19%), Vitamin B3: 22.14mg (110.71%), Vitamin B6: 2.03mg (101.63%), Selenium: 70.37µg (100.53%), Manganese: 1.94mg (97.16%), Folate: 278.87µg (69.72%), Phosphorus: 695.77mg (69.58%), Fiber: 15.09g (60.36%), Vitamin C: 46.08mg (55.85%), Potassium: 1817.49mg (51.93%), Vitamin B5: 4.48mg (44.78%), Magnesium: 157.48mg (39.37%), Copper: 0.77mg (38.56%), Iron: 6.26mg (34.75%), Vitamin B2: 0.52mg (30.84%), Vitamin K: 31.44µg (29.95%), Vitamin B1: 0.42mg (27.68%), Zinc: 3.95mg (26.36%), Vitamin E: 3.24mg (21.6%), Calcium: 148.68mg (14.87%), Vitamin B12: 0.79µg (13.24%), Vitamin A: 545.56IU (10.91%), Vitamin D: 0.17µg (1.13%)