



Mexican Chicken-Hominy Soup

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups chicken breast shredded boneless skinless
- 2 tablespoons cilantro leaves fresh
- 3 garlic clove minced
- 15.5 ounce hominy rinsed drained canned
- 1 jalapeno minced seeded
- 4 lime wedges
- 28 ounce beef broth fat-free canned

- 1 tablespoon olive oil
- 1.8 cups onion chopped
- 0.5 cup radishes thinly sliced

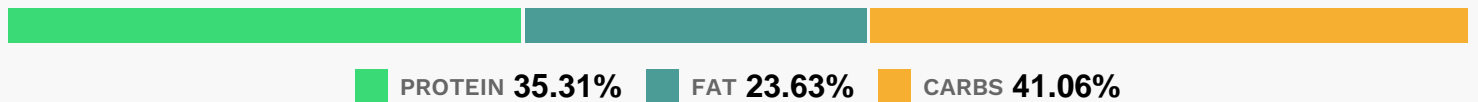
Equipment

- bowl
- frying pan
- sauce pan
- ladle

Directions

- Heat olive oil in a large saucepan over medium-high heat.
- Add onion to pan; saut 2 minutes. Stir in garlic and jalapeo; saut 1 minute.
- Add chicken, black pepper, and broth; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in hominy; bring to a boil. Cook 5 minutes. Ladle about 1 1/2 cups soup into each of 4 bowls; top each serving with 2 tablespoons radishes and 1 1/2 teaspoons cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:13.363478422165%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

Nutrients (% of daily need)

Calories: 248.39kcal (12.42%), Fat: 6.56g (10.09%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 20.79g (7.56%), Sugar: 5.71g (6.34%), Cholesterol: 48mg (16%), Sodium: 839.3mg (36.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.1%), Vitamin B3: 8.08mg (40.38%), Selenium: 28.15µg (40.21%), Vitamin B6: 0.71mg (35.63%), Potassium: 859.07mg (24.54%), Phosphorus: 227.04mg (22.7%), Vitamin C: 18.37mg (22.27%), Fiber: 4.85g (19.42%), Vitamin B5: 1.41mg (14.14%), Manganese: 0.25mg (12.39%), Zinc: 1.8mg (12.01%), Magnesium: 47.96mg (11.99%), Iron: 1.35mg (7.47%), Vitamin B2: 0.12mg (6.78%), Vitamin B1: 0.1mg (6.45%), Vitamin E: 0.89mg (5.92%), Folate: 23.62µg (5.91%), Copper: 0.11mg (5.5%), Calcium: 45.62mg (4.56%), Vitamin K: 4.56µg (4.35%), Vitamin B12: 0.15µg (2.5%), Vitamin A: 87.13IU (1.74%)