



Mexican Chicken Soup



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado
- ☐ 0.3 teaspoon pepper black
- ☐ 4 carrots halved
- ☐ 7 pounds roasting chickens whole
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 tablespoon kosher salt
- ☐ 3 lime halved
- ☐ 1.5 cups rice long-grain white

☐ 1 large onion yellow halved

Equipment

☐ bowl

☐ paper towels

☐ sauce pan

☐ ladle

☐ pot

☐ microwave

Directions

☐ Rinse the chickens and pat dry with paper towels.

☐ Place the chickens, carrots, onion, and salt in a 12-quart pot.

☐ Add enough cold water (about 16 cups) to cover. Bring to a boil. Reduce heat and simmer gently, uncovered, for 1 hour. Skim off any foam that appears.

☐ Transfer the chickens to plates; let cool.

☐ Remove and discard the carrots and onion.

☐ Add the rice to the broth and simmer for 20 minutes. Meanwhile, shred the chicken meat, discarding the skin and bones.

☐ Add the meat and pepper to the broth and heat for 3 minutes. Scoop the avocados into individual bowls and ladle the soup over the top.

☐ Sprinkle with the cilantro and squeeze on the limes. Recommended: 12-quart pot To Freeze: Omit the avocados, cilantro, and limes.

☐ Let the soup cool, then ladle into large resealable bags, filling each one halfway. Store for up to 3 months. To Reheat: Thaw overnight in the refrigerator or thaw partially in the microwave. Warm in a covered saucepan over medium-low heat for 20 minutes. Scoop the avocado into bowls, ladle in the soup, and garnish with the cilantro.

☐ Serve with the lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:19.05, Inflammation Score:-10, Nutrition Score:34.297391248786%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Hesperetin: 10.8mg, Hesperetin: 10.8mg, Hesperetin: 10.8mg, Hesperetin: 10.8mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 852.07kcal (42.6%), Fat: 52.56g (80.86%), Saturated Fat: 13.93g (87.09%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 33.93g (12.34%), Sugar: 3.05g (3.39%), Cholesterol: 249.17mg (83.06%), Sodium: 1099.99mg (47.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.69g (107.37%), Vitamin A: 7691.9IU (153.84%), Vitamin B3: 20.43mg (102.17%), Vitamin B6: 1.19mg (59.51%), Phosphorus: 565.29mg (56.53%), Selenium: 39.29µg (56.12%), Vitamin B12: 2.87µg (47.81%), Vitamin B5: 4.17mg (41.69%), Vitamin B2: 0.61mg (35.72%), Folate: 130.81µg (32.7%), Manganese: 0.61mg (30.56%), Zinc: 4.55mg (30.33%), Potassium: 1008.3mg (28.81%), Vitamin C: 22.75mg (27.57%), Iron: 4.84mg (26.87%), Fiber: 5.74g (22.95%), Magnesium: 85.73mg (21.43%), Copper: 0.39mg (19.34%), Vitamin B1: 0.27mg (17.73%), Vitamin K: 18.04µg (17.18%), Vitamin E: 1.36mg (9.1%), Calcium: 68.87mg (6.89%)