



Mexican chicken & wild rice soup

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp olive oil
- ☐ 1 onion finely chopped
- ☐ 1 bell pepper diced green
- ☐ 1 tbsp chipotle paste (we used Discovery)
- ☐ 250 g rice long-grain wild (we used Uncle Ben's)
- ☐ 400 g black beans rinsed drained canned
- ☐ 1.3 l chicken stock low-sodium
- ☐ 2 chicken breast shredded skinless cooked

- ☐ 1 small bunch cilantro leaves chopped
- ☐ 4 servings vanilla ice cream low-fat
- ☐ 200 g frangelico frozen
- ☐ 200 g frangelico frozen

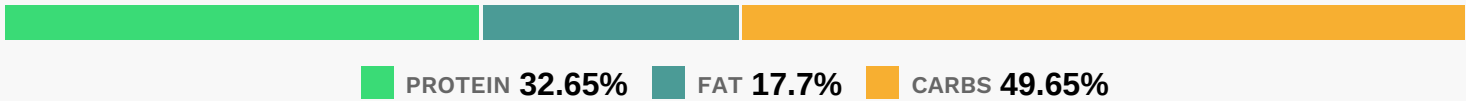
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat the oil in a large non-stick frying pan and cook the onion for 5 mins. Throw in the pepper and cook for 2 mins more, then add the sweetcorn, chipotle paste and rice. Stir well and cook for 1-2 mins.
- ☐ Add the black beans and the stock. Bring to the boil, turn down to a simmer, then add half the chicken and coriander. Cool for 2-3 mins, then ladle into bowls.
- ☐ Scatter over the rest of the chicken and coriander.
- ☐ Serve with a dollop each of guacamole and soured cream on top if you like.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:27.57, Inflammation Score:-7, Nutrition Score:28.004782438278%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 517.1kcal (25.85%), Fat: 10.22g (15.72%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 64.5g (21.5%), Net Carbohydrates: 56.09g (20.4%), Sugar: 19.15g (21.27%), Cholesterol: 92.84mg (30.95%), Sodium: 672.18mg (29.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.42g (84.84%), Vitamin B3: 17.4mg (86.99%), Selenium: 43.82µg (62.6%), Vitamin B6: 1.13mg (56.44%), Phosphorus: 562.6mg (56.26%), Vitamin C: 31.46mg (38.14%), Potassium: 1287.5mg (36.79%), Fiber: 8.41g (33.63%), Vitamin B2: 0.55mg (32.42%), Manganese: 0.63mg (31.45%), Vitamin B5: 2.48mg (24.78%), Copper: 0.48mg (23.94%), Magnesium: 92.01mg (23%), Folate: 81.39µg (20.35%), Vitamin B1: 0.3mg (19.74%), Calcium: 192.88mg (19.29%), Iron: 3.47mg (19.27%), Zinc: 2.48mg (16.51%), Vitamin B12: 0.91µg (15.12%), Vitamin A: 623.97IU (12.48%), Vitamin K: 9.72µg (9.26%), Vitamin E: 0.66mg (4.39%), Vitamin D: 0.19µg (1.26%)