



Mexican Shrimp-and-Chicken Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 12 ounce skinned chicken breast halves
- ☐ 1 teaspoon chili powder
- ☐ 32 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 large garlic clove sliced
- ☐ 1.5 cups cut green beans (1-inch) ()
- ☐ 0.5 cup green onions sliced

- ☐ 0.5 teaspoon ground cumin
- ☐ 5 teaspoons juice of lemon fresh divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 pounds potatoes red peeled cut into 1/2-inch cubes
- ☐ 0.5 teaspoon salt divided
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Place cumin in a Dutch oven; cook over medium heat 30 seconds or until toasted.
- ☐ Add water, chili powder, 3 teaspoons lemon juice, 1/4 teaspoon salt, oregano, chicken, broth, bay leaves, and garlic; bring to a boil. Partially cover, reduce heat to medium-low, and simmer 20 minutes or until chicken is done.
- ☐ Remove chicken from pan; place chicken in a bowl, and chill 15 minutes. Strain broth mixture through a sieve into a large bowl; discard solids.
- ☐ Remove chicken from bones; shred. Discard bones; set meat aside.
- ☐ Return broth mixture to pan.
- ☐ Add potatoes; bring to a boil. Partially cover, reduce heat, and simmer 15 minutes or until tender.
- ☐ Add beans; simmer 5 minutes.
- ☐ Add chicken and shrimp; simmer 3 minutes or until shrimp are done.
- ☐ Remove from heat; stir in 2 teaspoons lemon juice, 1/4 teaspoon salt, onions, and cilantro.

Nutrition Facts



 **PROTEIN 50.26%**  **FAT 9.8%**  **CARBS 39.94%**

Properties

Glycemic Index:18.75, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:12.71913048625%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 159.94kcal (8%), Fat: 1.77g (2.72%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 13.86g (5.04%), Sugar: 2.19g (2.44%), Cholesterol: 95.68mg (31.89%), Sodium: 734.06mg (31.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.39g (40.79%), Vitamin B3: 6.28mg (31.39%), Vitamin B6: 0.53mg (26.28%), Phosphorus: 257.27mg (25.73%), Vitamin K: 25.72µg (24.5%), Selenium: 16.81µg (24.01%), Potassium: 765.45mg (21.87%), Copper: 0.35mg (17.43%), Vitamin C: 12.9mg (15.63%), Magnesium: 54.29mg (13.57%), Manganese: 0.23mg (11.57%), Vitamin B5: 1.04mg (10.41%), Fiber: 2.35g (9.38%), Iron: 1.66mg (9.21%), Vitamin B1: 0.13mg (8.51%), Zinc: 1.23mg (8.18%), Folate: 30.07µg (7.52%), Vitamin B2: 0.12mg (7.28%), Vitamin A: 309.69IU (6.19%), Calcium: 61.5mg (6.15%), Vitamin B12: 0.31µg (5.2%), Vitamin E: 0.34mg (2.25%)