

Mexican Soup



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken breast halves shredded boneless cooked
- 4 ounce chile peppers green chopped canned
- 15 ounce kidney beans canned
- 14.5 ounce canned tomatoes canned
- 29 ounce chicken broth canned
- 0.5 bell pepper green chopped
- 1 tablespoon ground cumin
- 0.5 cup onion chopped

0.5 bell pepper red chopped

1 cup kernel corn whole

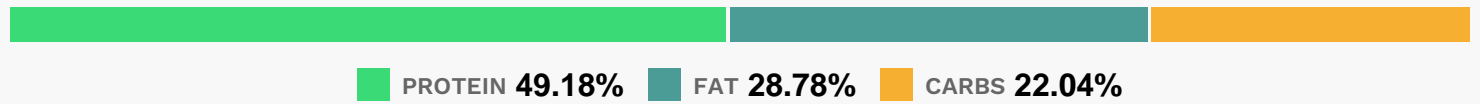
Equipment

pot

Directions

Place cooked chicken, kidney beans, corn, tomatoes, onion, red and green bell peppers, chiles, broth and cumin in a large pot over medium heat. Simmer 45 minutes.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:8.04, Inflammation Score:-9, Nutrition Score:35.960000307664%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 650.02kcal (32.5%), Fat: 20.55g (31.62%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 26.28g (9.56%), Sugar: 8.35g (9.28%), Cholesterol: 157.01mg (52.34%), Sodium: 1674.83mg (72.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.01g (158.02%), Selenium: 67µg (95.72%), Vitamin B3: 16.33mg (81.66%), Vitamin B6: 1.41mg (70.28%), Phosphorus: 676.64mg (67.66%), Vitamin C: 54.25mg (65.76%), Zinc: 6.86mg (45.73%), Iron: 7.26mg (40.34%), Potassium: 1394.53mg (39.84%), Vitamin B12: 2.22µg (37.08%), Fiber: 9.13g (36.53%), Magnesium: 129.55mg (32.39%), Manganese: 0.64mg (32.09%), Vitamin B2: 0.46mg (26.83%), Copper: 0.51mg (25.74%), Vitamin A: 1186.11IU (23.72%), Folate: 86.96µg (21.74%), Vitamin B1: 0.29mg (19.17%), Vitamin B5: 1.74mg (17.42%), Vitamin E: 2.47mg (16.46%), Vitamin K: 16.69µg (15.9%), Calcium: 130.83mg (13.08%), Vitamin D: 0.29µg (1.94%)