



Mexican Turkey-and-Bean Soup

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chickpeas low-sodium drained canned (garbanzo beans)
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 16 ounce navy beans drained canned
- ☐ 15 ounce whole-kernel corn white drained canned
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 7 tablespoons cup heavy whipping cream sour low-fat

- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper sauce hot
- ☐ 0.8 cup quick-cooking rice wild uncooked
- ☐ 1 cup turkey cooked coarsely chopped

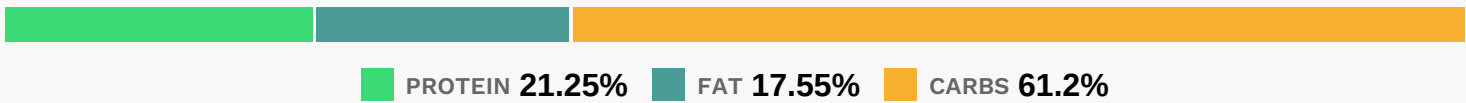
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat; add chopped onion and saute 5 minutes. Stir in chopped turkey and next 8 ingredients (turkey through chiles). Bring to a boil; cover, reduce heat, and simmer 15 minutes. Stir in wild rice, and simmer 5 minutes.
- ☐ Serve soup with the sour cream.

Nutrition Facts



Properties

Glycemic Index:11.05, Glycemic Load:2.47, Inflammation Score:-6, Nutrition Score:14.637391108534%

Flavonoids

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 256.75kcal (12.84%), Fat: 5.2g (8%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 40.84g (13.61%), Net Carbohydrates: 32.91g (11.97%), Sugar: 3.51g (3.9%), Cholesterol: 14.42mg (4.81%), Sodium: 951.02mg (41.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.35%), Manganese: 0.94mg (46.94%), Fiber: 7.93g (31.71%), Folate: 118.25µg (29.56%), Vitamin B6: 0.52mg (26.18%), Phosphorus: 223.79mg (22.38%), Selenium: 13.75µg (19.64%), Iron: 3.47mg (19.29%), Vitamin B1: 0.25mg (16.33%), Vitamin B3: 3.25mg (16.25%), Magnesium: 64.97mg (16.24%), Copper: 0.3mg (14.9%), Potassium: 479.79mg (13.71%), Zinc: 1.63mg (10.86%), Vitamin C: 8.76mg (10.62%), Vitamin B2: 0.17mg (9.76%), Calcium: 89.92mg (8.99%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.35µg (5.89%), Vitamin E: 0.71mg (4.75%), Vitamin A: 112.51IU (2.25%), Vitamin K: 2.36µg (2.25%)