



Nine Bean-Chicken Soup

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 chicken bouillon cube
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 1 garlic clove minced
- ☐ 1 large onion chopped
- ☐ 2 cups nine bean soup mix
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 2 quarts water

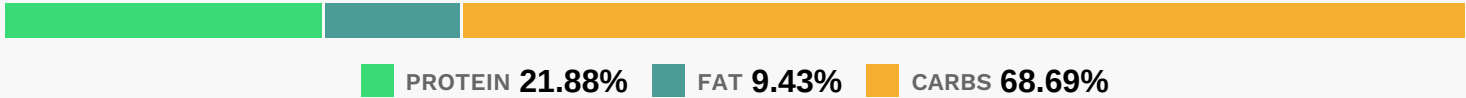
Equipment

- ☐ dutch oven

Directions

- ☐ Place soup mix in a Dutch oven; add water to cover, and let stand 30 minutes.
- ☐ Drain.
- ☐ Bring soup mix, 2 quarts water, and next 6 ingredients to a boil in Dutch oven. Cover, reduce heat, and simmer 1 to 1 1/2 hours. Stir in tomatoes and tomatoes with chiles; return to a boil. Cover and simmer 30 minutes or until beans are tender, adding more water, if necessary.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:1.97, Inflammation Score:-4, Nutrition Score:12.709130463393%

Flavonoids

Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 239.33kcal (11.97%), Fat: 2.54g (3.91%), Saturated Fat: 0.66g (4.16%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 36.4g (13.24%), Sugar: 6.63g (7.36%), Cholesterol: 23.39mg (7.8%), Sodium: 4723.27mg (205.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.54%), Vitamin B6: 0.57mg (28.71%), Manganese: 0.54mg (26.94%), Fiber: 5.25g (21.02%), Vitamin B3: 4.2mg (21.01%), Phosphorus: 201.62mg (20.16%), Potassium: 705mg (20.14%), Copper: 0.39mg (19.37%), Selenium: 11.01µg (15.72%), Vitamin B1: 0.23mg (15.52%), Magnesium: 57.81mg (14.45%), Vitamin B2: 0.24mg (13.94%), Vitamin C: 10.23mg (12.4%), Calcium: 117.38mg (11.74%), Iron: 2.1mg (11.64%), Vitamin B5: 0.99mg (9.93%), Zinc: 1.33mg (8.84%), Vitamin E: 1.04mg (6.93%), Vitamin K: 5.08µg (4.84%), Vitamin A: 187.55IU (3.75%), Folate: 14.93µg (3.73%), Vitamin B12: 0.09µg (1.53%)