



WHATSheATE



Peruvian-Style Corn, Pepper, and Chicken Soup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp aji amarillo paste
- ☐ 2 lbs skin-on chicken breasts bone-in
- ☐ 3 ears corn husked
- ☐ 0.3 cup flat-leaf parsley roughly chopped
- ☐ 6 juice of lemon
- ☐ 8 cups chicken broth reduced-sodium

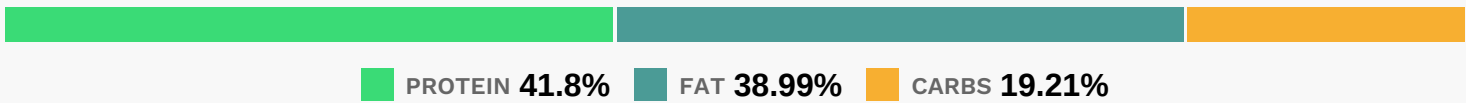
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Put broth and chicken in a large pot. Bring to a boil, then reduce to a gentle simmer and cook until chicken is cooked through, about 20 minutes.
- ☐ Transfer to a plate and allow to cool. Skim broth.
- ☐ Add corn and bell peppers to broth and bring to a boil, then reduce to a simmer and cook until peppers and corn are just tender, about 5 minutes. Meanwhile, remove skin and bones from chicken and shred meat into pieces.
- ☐ Return shredded chicken to pot and stir in chile paste to taste and lemon juice. Ladle into bowls and sprinkle with parsley.
- ☐ *Aji amarillo is a yellowish orange, fruity-hot chile from Peru. Find the paste at Latino markets.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:18.176956674327%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 307.84kcal (15.39%), Fat: 13.79g (21.22%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.17g (5.15%), Sugar: 4.26g (4.74%), Cholesterol: 77.41mg (25.8%), Sodium: 180.09mg (7.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.52%), Vitamin B3: 17.21mg (86.04%), Vitamin K: 54.84µg (52.22%), Vitamin B6: 0.74mg (36.79%), Phosphorus: 350.72mg (35.07%), Selenium: 20.41µg (29.16%), Vitamin C: 19.56mg (23.71%), Potassium: 718.07mg (20.52%), Vitamin B2: 0.23mg (13.63%), Vitamin B5: 1.35mg

(13.48%), Magnesium: 53.84mg (13.46%), Copper: 0.25mg (12.27%), Vitamin B12: 0.73µg (12.1%), Iron: 2.04mg (11.35%), Vitamin B1: 0.16mg (10.57%), Zinc: 1.54mg (10.3%), Vitamin A: 472.78IU (9.46%), Folate: 35.09µg (8.77%), Manganese: 0.1mg (5.2%), Fiber: 1.11g (4.46%), Calcium: 33.76mg (3.38%), Vitamin D: 0.48µg (3.23%), Vitamin E: 0.44mg (2.9%)