






 **18%**
HEALTH SCORE

Quick Chicken Enchilada Soup

 **Gluten Free**

READY IN

45 min.

SERVINGS

4

CALORIES

674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz corn drained canned
- 15 oz black beans drained and rinsed canned
- 14.5 ounce canned tomatoes (diced sweet with onion in it) canned
- 12.5 oz chicken chunk drained canned
- 10 oz enchilada sauce canned
- 10 oz enchilada sauce canned
- 10.8 oz cream of mushroom soup canned
- 1.5 cups milk (I used skim)

- 4 servings tortilla chips
- 4 servings cheese shredded

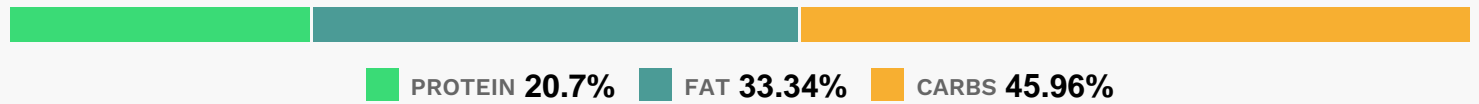
Equipment

- sauce pan

Directions

- In a large sauce pan, combine corn, beans, tomatoes, chicken, enchilada sauce, mushroom soup, and milk.
- Cook over medium heat while stirring for 15 minutes.
- Serve over tortillas chips and topped with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:27.538260869565%

Taste

Sweetness: 91.3%, Saltiness: 100%, Sourness: 67.45%, Bitterness: 30.03%, Savoriness: 70.57%, Fattiness: 87.31%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 673.96kcal (33.7%), Fat: 25.33g (38.97%), Saturated Fat: 9.27g (57.95%), Carbohydrates: 78.58g (26.19%), Net Carbohydrates: 65.22g (23.71%), Sugar: 18.88g (20.98%), Cholesterol: 68.8mg (22.93%), Sodium: 2818.24mg (122.53%), Protein: 35.39g (70.78%), Fiber: 13.36g (53.45%), Phosphorus: 530.43mg (53.04%), Manganese: 0.74mg (37.2%), Calcium: 365.63mg (36.56%), Vitamin B3: 6.68mg (33.41%), Iron: 5.91mg (32.81%), Potassium: 1137.72mg (32.51%), Copper: 0.63mg (31.45%), Vitamin A: 1568.54IU (31.37%), Magnesium: 123.39mg (30.85%), Folate: 122.24µg (30.56%), Vitamin B2: 0.52mg (30.52%), Zinc: 4.12mg (27.49%), Vitamin B1: 0.38mg (25.43%), Vitamin B6: 0.51mg (25.41%), Vitamin B12: 1.39µg (23.1%), Selenium: 15.85µg (22.65%), Vitamin C: 17.65mg (21.39%), Vitamin B5: 1.73mg (17.26%), Vitamin E: 2.5mg (16.66%), Vitamin K: 12.86µg (12.24%), Vitamin D: 1.2µg (8.02%)