



Roasted Green Chili Bisque with Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz firm-ripe avocado pitted peeled chopped
- ☐ 2 cups skinned chicken shredded cooked (see notes)
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 cups half-and-half light (cream)
- ☐ 1 pound onions
- ☐ 1.5 pounds poblano chilies fresh (often mislabeled pasillas)
- ☐ 4 servings salt

☐ 6 oz firm-ripe tomato cored rinsed chopped

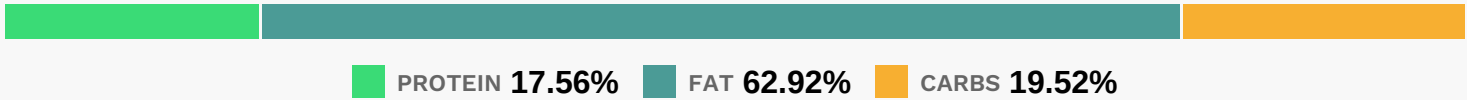
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ blender

Directions

- ☐ Rinse and dry chilies; cut in half lengthwise and discard stems and seeds. Peel onions; cut crosswise into 1/2-inch-thick slices. Arrange chilies (skin up) and onions in a single layer in a 12- by 17-inch pan.
- ☐ Broil 4 to 6 inches from heat until vegetables are soft and slightly charred, 20 to 25 minutes, turning onions as needed to brown evenly. When chilies are cool enough to handle, pull off and discard skins.
- ☐ In a blender or food processor, whirl half the chilies and onions with about 3/4 cup chicken broth until smooth, scraping container sides as necessary. Rub mixture through a fine strainer set over a bowl; discard residue. Repeat to pure remaining chilies and onions with another 3/4 cup broth and strain into bowl.
- ☐ Stir in remaining 1 1/2 cups broth, half-and-half, and chicken. Cover and chill up to 1 day.
- ☐ In a 3- to 4-quart pan over medium-high heat, stir bisque often until steaming, about 15 minutes.
- ☐ Place avocado, tomato, and cilantro in separate small bowls.
- ☐ Ladle bisque into wide bowls.
- ☐ Serve with avocado, tomato, cilantro, and salt to add to taste.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:8.79, Inflammation Score:-10, Nutrition Score:37.07000025459%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg

Nutrients (% of daily need)

Calories: 708.52kcal (35.43%), Fat: 51.38g (79.04%), Saturated Fat: 25.66g (160.41%), Carbohydrates: 35.88g (11.96%), Net Carbohydrates: 27.06g (9.84%), Sugar: 15.71g (17.46%), Cholesterol: 245.02mg (81.67%), Sodium: 1062.42mg (46.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.51%), Vitamin C: 265.3mg (321.58%), Vitamin B6: 1.76mg (88.08%), Vitamin A: 3365.01IU (67.3%), Vitamin B3: 11.1mg (55.52%), Vitamin K: 49.29µg (46.94%), Selenium: 32.73µg (46.76%), Phosphorus: 459.03mg (45.9%), Potassium: 1551.11mg (44.32%), Vitamin B2: 0.65mg (38.52%), Fiber: 8.82g (35.27%), Vitamin B5: 3.25mg (32.46%), Manganese: 0.64mg (31.85%), Folate: 124.81µg (31.2%), Magnesium: 109.12mg (27.28%), Vitamin E: 3.89mg (25.93%), Copper: 0.51mg (25.29%), Vitamin B1: 0.38mg (25.07%), Vitamin B12: 1.34µg (22.28%), Zinc: 3.21mg (21.38%), Iron: 3.66mg (20.31%), Calcium: 161.65mg (16.17%), Vitamin D: 0.72µg (4.78%)