



## Santa Fe Chicken Fajita Soup

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



1411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 29 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp cilantro leaves fresh chopped
- 4 large cloves garlic minced
- 1 small bell pepper green chopped
- 8 oz milk velveeta 2% cut into 1/2-inch cubes
- 8 oz philadelphia neufchatel cheese cubed
- 1 large onion red chopped
- 1 lb chicken breasts boneless skinless cut into thin strips

- 1.4 oz taco bellâ® fajita seasoning mix
- 0.3 cup water

## Equipment

- bowl
- sauce pan

## Directions

- Combine seasoning mix and water in medium bowl.
- Add chicken; toss to evenly coat. Refrigerate 30 min.
- Cook garlic and cilantro in large nonstick saucepan on medium-high heat 1 min. Stir in chicken mixture, onions and peppers; cook 10 min. or until chicken is done, stirring frequently.
- Add Neufchatel, VELVEETA and broth; mix well. Cook on medium heat until Neufchatel and VELVEETA are completely melted and soup is heated through, stirring occasionally.

## Nutrition Facts

**PROTEIN 37.13%** **FAT 45.96%** **CARBS 16.91%**

## Properties

Glycemic Index:164, Glycemic Load:9.83, Inflammation Score:-10, Nutrition Score:58.273912927379%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 24.6mg, Quercetin: 24.6mg, Quercetin: 24.6mg, Quercetin: 24.6mg

## Nutrients (% of daily need)

Calories: 1411.33kcal (70.57%), Fat: 72.37g (111.33%), Saturated Fat: 35.9g (224.36%), Carbohydrates: 59.93g (19.98%), Net Carbohydrates: 49.07g (17.84%), Sugar: 33.39g (37.1%), Cholesterol: 485.34mg (161.78%), Sodium: 7947.49mg (345.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 131.55g (263.11%), Vitamin B3: 53.19mg (265.94%), Selenium: 176.61µg (252.3%), Vitamin B6: 4.19mg (209.58%), Phosphorus: 1650.47mg (165.05%), Vitamin A: 6465.16IU (129.3%), Vitamin C: 94.9mg (115.03%), Vitamin B5: 9.88mg (98.85%), Potassium: 2952.25mg (84.35%), Vitamin B2: 1.36mg (79.75%), Vitamin B12: 4.46µg (74.28%), Calcium: 657.2mg (65.72%), Magnesium:

198.45mg (49.61%), Fiber: 10.86g (43.46%), Vitamin B1: 0.64mg (42.8%), Zinc: 6.02mg (40.13%), Iron: 6.5mg (36.13%), Manganese: 0.63mg (31.44%), Copper: 0.48mg (24.21%), Folate: 87.27µg (21.82%), Vitamin D: 2.95µg (19.66%), Vitamin E: 2.21mg (14.72%), Vitamin K: 14.04µg (13.37%)