



Slow-Cooker Caribbean-Style Chicken Soup with Lime and Cilantro

 Gluten Free  Dairy Free

READY IN



275 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken breast bone-in
- 3 chicken thighs bone-in
- 1 tablespoon walkerswood jamaican jerk seasoning salt-free
- 4 teaspoons vegetable oil
- 0.5 cup onion chopped
- 1 teaspoon garlic finely chopped
- 32 oz chicken broth (4 cups)

- 1 tablespoon chipotle sauce canned (from can of chipotle chiles)
- 15 oz black beans rinsed drained canned
- 0.5 cup coconut milk unsweetened (not cream of coconut)
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 3 tablespoons juice of lime fresh
- 1 serving rice hot cooked
- 1 serving cilantro leaves fresh
- 1 serving radishes finely chopped
- 1 serving lime wedges

Equipment

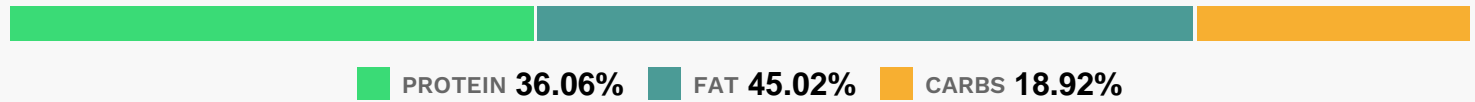
- frying pan
- slotted spoon
- slow cooker

Directions

- Spray 5-quart oval slow cooker with cooking spray.
- Sprinkle chicken evenly with Caribbean rub; set aside.
- In 12-inch skillet, heat 1 teaspoon of the oil over medium-high heat. Cook onion and garlic in oil 3 minutes, stirring occasionally, until tender.
- Transfer mixture to slow cooker using slotted spoon. In skillet, heat remaining 3 teaspoons oil over medium-high heat. Cook chicken in oil 6 to 8 minutes, turning occasionally, until browned.
- Transfer chicken to slow cooker.
- Add 1 cup of the broth to skillet, scraping to loosen browned bits.
- Pour over chicken.
- Add remaining 3 cups broth, the adobo sauce, beans, coconut milk, salt and pepper to slow cooker.

- Cover; cook on High heat setting 1 hour. Reduce heat setting to Low. Cover; cook 3 hours longer.
- Remove chicken from slow cooker to plate; cool 10 minutes.
- Remove chicken from bones; discard bones and return meat to slow cooker. Stir in lime juice.
- Serve soup over rice; garnish with cilantro, radishes and lime wedges.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:3.29, Inflammation Score:-5, Nutrition Score:18.293912957544%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 354.07kcal (17.7%), Fat: 17.69g (27.21%), Saturated Fat: 6.54g (40.86%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 11.45g (4.16%), Sugar: 2.49g (2.77%), Cholesterol: 109.61mg (36.54%), Sodium: 1079.32mg (46.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.75%), Vitamin B3: 12.25mg (61.23%), Selenium: 40.43µg (57.76%), Vitamin B6: 0.91mg (45.47%), Phosphorus: 353.72mg (35.37%), Manganese: 0.44mg (22.02%), Fiber: 5.27g (21.06%), Potassium: 712.69mg (20.36%), Vitamin B5: 1.98mg (19.77%), Vitamin B2: 0.3mg (17.92%), Magnesium: 62.79mg (15.7%), Vitamin B1: 0.21mg (13.92%), Iron: 2.28mg (12.65%), Copper: 0.24mg (11.92%), Zinc: 1.78mg (11.84%), Folate: 44.74µg (11.19%), Vitamin B12: 0.54µg (8.98%), Vitamin C: 6.54mg (7.92%), Vitamin A: 373.73IU (7.47%), Vitamin K: 6.94µg (6.61%), Vitamin E: 0.93mg (6.19%), Calcium: 44.76mg (4.48%)