



 **12%**
HEALTH SCORE

Sopa Ranchera

 **Gluten Free**

READY IN



45 min.

SERVINGS



10

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups baking potatoes cubed peeled
- 15 ounce garbanzo beans drained canned (garbanzo beans)
- 48 ounce chicken stock see fat-free canned
- 8 ounces chicken shredded cooked
- 1 cup corn kernels frozen thawed
- 0.3 cup cilantro leaves fresh chopped
- 0.7 cup cilantro leaves fresh chopped
- 1 garlic clove minced

- 0.5 teaspoon ground cumin
- 10 lime wedges
- 0.7 cup cream sour low-fat
- 2.5 ounces monterrey jack cheese shredded reduced-fat
- 0.7 cup onion finely chopped
- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.8 teaspoon salt
- 1 cup tomatoes diced
- 1 teaspoon vegetable oil
- 1.5 cups zucchini sliced quartered

Equipment

- bowl
- ladle
- dutch oven

Directions

- To prepare soup, heat the oil in a large Dutch oven over medium-high heat.
- Add 1 cup onion; saut 3 minutes.
- Add oregano, cumin, and garlic; saut 1 minute.
- Add Chicken Stock, potato, and chickpeas; bring to a boil, and cook 5 minutes.
- Add chicken, corn, salt, and zucchini; cook 5 minutes. Stir in tomato and cilantro; cook 2 minutes.
- Ladle 1 cup soup into each of 10 bowls, and top with 1 tablespoon finely chopped onion, 1 tablespoon cilantro, 1 tablespoon sour cream, and 1 tablespoon cheese.
- Serve with lime wedges.

Nutrition Facts



■ PROTEIN 25.78% ■ FAT 32.69% ■ CARBS 41.53%

Properties

Glycemic Index:39.51, Glycemic Load:6.54, Inflammation Score:-6, Nutrition Score:12.439130434783%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 230.64kcal (11.53%), Fat: 8.6g (13.23%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 20.61g (7.49%), Sugar: 5.43g (6.03%), Cholesterol: 32.77mg (10.92%), Sodium: 599.05mg (26.05%), Protein: 15.26g (30.52%), Vitamin B6: 0.57mg (28.6%), Manganese: 0.52mg (25.94%), Vitamin B3: 4.71mg (23.57%), Phosphorus: 202.13mg (20.21%), Vitamin C: 15.33mg (18.58%), Potassium: 579.19mg (16.55%), Selenium: 11.44µg (16.34%), Fiber: 3.97g (15.87%), Vitamin B2: 0.26mg (15.27%), Calcium: 120.87mg (12.09%), Copper: 0.24mg (11.78%), Folate: 45.73µg (11.43%), Magnesium: 43.17mg (10.79%), Iron: 1.83mg (10.15%), Vitamin B1: 0.14mg (9.61%), Zinc: 1.42mg (9.44%), Vitamin K: 9.61µg (9.15%), Vitamin A: 414.01IU (8.28%), Vitamin B5: 0.63mg (6.35%), Vitamin B12: 0.19µg (3.15%), Vitamin E: 0.37mg (2.46%)