



Southwest Black Bean Chicken Soup

 Gluten Free

READY IN



495 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 46.5 ounce black beans drained and rinsed canned
- ☐ 20 ounce tomatoes diced with green chile peppers such as ro*tel® canned
- ☐ 28 ounce chicken broth canned
- ☐ 1 pound meat chicken dark cooked
- ☐ 2.5 teaspoons chili powder
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin

- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.5 cup jalapeño peppers chopped
- ☐ 0.5 large onion chopped
- ☐ 2 teaspoons pepper flakes red
- ☐ 0.5 cup cup heavy whipping cream sour to taste
- ☐ 15.3 ounce kernel corn whole canned

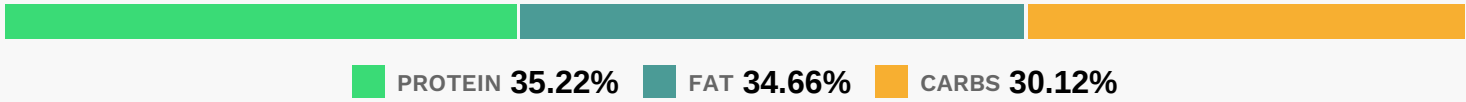
Equipment

- ☐ slow cooker

Directions

- ☐ Place chicken, black beans, chicken broth, tomatoes with green chile peppers, corn, onion, jalapeno peppers, garlic, chili powder, red pepper flakes, cumin, coriander, salt, and black pepper in a slow cooker; cook on Low for 8 hours.
- ☐ Serve with about 1 tablespoon sour cream on each serving.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:25.089130272036%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 548.46kcal (27.42%), Fat: 21.06g (32.4%), Saturated Fat: 6.43g (40.2%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 28.2g (10.26%), Sugar: 2.91g (3.23%), Cholesterol: 100.62mg (33.54%), Sodium: 1364.67mg (59.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.15g (96.3%), Fiber: 12.99g (51.94%), Phosphorus: 472.05mg (47.21%), Selenium: 29.67µg (42.38%), Vitamin B3: 8.45mg (42.23%), Iron: 6.37mg (35.39%), Folate:

131.81µg (32.95%), Vitamin B6: 0.63mg (31.62%), Zinc: 4.53mg (30.19%), Potassium: 1046.42mg (29.9%),
Manganese: 0.56mg (28.23%), Magnesium: 109.51mg (27.38%), Vitamin B2: 0.46mg (26.86%), Vitamin C: 20.69mg
(25.08%), Copper: 0.49mg (24.46%), Vitamin B1: 0.32mg (21.49%), Vitamin B12: 1.2µg (19.97%), Vitamin A: 835.43IU
(16.71%), Calcium: 130.14mg (13.01%), Vitamin E: 1.67mg (11.17%), Vitamin B5: 1mg (9.96%), Vitamin K: 7.87µg (7.5%),
Vitamin D: 0.21µg (1.42%)