



Southwest Chicken & Rice Soup

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



48 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz condensed chicken rice soup canned
- 0.3 cup taco bellâ® & chunky salsa thick
- 6 Tbsp cheddar cheese shredded kraft
- 1 soup can water canned

Equipment

Directions

- Heat soup as directed on label with water.
- Stir in salsa. Top each serving with 2 Tbsp. cheese.

Nutrition Facts

PROTEIN 16.09% **FAT 62.59%** **CARBS 21.32%**

Properties

Glycemic Index:7, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:1.4386956698221%

Nutrients (% of daily need)

Calories: 48.21kcal (2.41%), Fat: 3.38g (5.2%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.42g (0.46%), Cholesterol: 7.37mg (2.46%), Sodium: 275.11mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.91%), Calcium: 41.91mg (4.19%), Phosphorus: 34.23mg (3.42%), Selenium: 2.04µg (2.91%), Vitamin A: 133.9IU (2.68%), Vitamin B2: 0.04mg (2.21%), Copper: 0.04mg (2.13%), Zinc: 0.28mg (1.88%), Iron: 0.34mg (1.87%), Vitamin E: 0.27mg (1.8%), Vitamin K: 1.56µg (1.48%), Manganese: 0.03mg (1.36%)