Southwest Chicken Soup

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	590 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- [ ] 15 ounce black beans canned
- [ ] 4 ounce chiles green chopped canned
- [ ] 28 ounce canned tomatoes canned crushed
- [ ] 14 ounce chicken broth canned
- [ ] 2 cups meat from a rotisserie chicken shredded
- [ ] 2 teaspoons chili powder
- [ ] 0.3 cup cilantro leaves fresh chopped
- [ ] 10 ounce regular corn frozen

- [ ] 3 cloves garlic minced
- [ ] 1 tablespoon olive oil
- [ ] 1 onion chopped
- [ ] 1 teaspoon oregano dried
- [ ] 0.5 cup water

Equipment

- [ ] bowl
- [ ] ladle
- [ ] pot

Directions

- [ ] In a medium stock pot, heat oil over medium heat. Cook onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.
- [ ] Stir in corn, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.
- [ ] Ladle soup into individual serving bowls.
- [ ] Serve with optional toppings, if desired.

Nutrition Facts

PROTEIN **31.77%** FAT **32.09%** CARBS **36.14%**

Properties

Glycemic Index:33, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:32.728260874748%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 590.36kcal (29.52%), Fat: 21.75g (33.46%), Saturated Fat: 5.45g (34.06%), Carbohydrates: 55.12g (18.37%), Net Carbohydrates: 40.44g (14.71%), Sugar: 10.02g (11.13%), Cholesterol: 91.99mg (30.66%), Sodium: 1324.1mg (57.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.45g (96.91%), Fiber: 14.68g (58.7%), Vitamin B3: 10.88mg (54.38%), Vitamin B6: 0.99mg (49.59%), Phosphorus: 493.6mg (49.36%), Vitamin C: 39.86mg (48.31%), Selenium: 30.31µg (43.3%), Iron: 7.75mg (43.04%), Manganese: 0.85mg (42.64%), Potassium: 1488.1mg (42.52%), Folate: 147.06µg (36.76%), Copper: 0.72mg (35.89%), Magnesium: 137.57mg (34.39%), Zinc: 4.99mg (33.26%), Vitamin B2: 0.49mg (28.95%), Vitamin B1: 0.43mg (28.57%), Vitamin E: 3.98mg (26.51%), Vitamin K: 23.17µg (22.06%), Vitamin A: 1097.43IU (21.95%), Vitamin B12: 1.17µg (19.46%), Calcium: 161.1mg (16.11%), Vitamin B5: 1.56mg (15.59%), Vitamin D: 0.21µg (1.41%)