



 **100%**
HEALTH SCORE

Southwestern Chicken and Rice Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce chiles green undrained chopped canned
- 1.5 cups chicken breast cooked chopped
- 0.5 cup whole-kernel corn frozen
- 31.5 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 0.3 cup juice of lime
- 1 cup onion frozen chopped

- 0.5 cup rice long-grain uncooked
- 0.3 teaspoon salt
- 1 cup tomatoes peeled seeded chopped (1 large tomato)
- 1 cup water

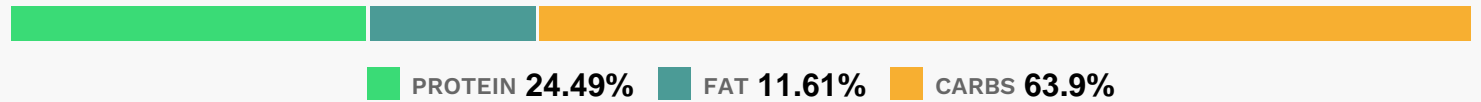
Equipment

- sauce pan

Directions

- Bring broth and water to a boil in a large saucepan. Stir in seasoning blend, rice, and cumin. Return to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender.
- Stir chicken and next 3 ingredients into rice mixture; bring to a boil.
- Remove mixture from heat; stir in lime juice, cilantro, and salt.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:6.15, Inflammation Score:-7, Nutrition Score:27.208695947476%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 184.07kcal (9.2%), Fat: 2.69g (4.14%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 19.92g (7.24%), Sugar: 2.47g (2.74%), Cholesterol: 22.31mg (7.44%), Sodium: 643.65mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.58%), Vitamin K: 185.78µg (176.93%), Manganese: 1.66mg (82.76%), Iron: 11.75mg (65.25%), Fiber: 13.46g (53.83%), Calcium: 494.48mg (49.45%), Vitamin E: 5.61mg (37.43%), Vitamin B3: 6.11mg (30.54%), Vitamin B6: 0.54mg (27.1%), Magnesium: 96.64mg (24.16%), Folate: 89.2µg (22.3%), Selenium: 12.9µg (18.43%), Potassium: 572.8mg (16.37%), Phosphorus: 141.55mg (14.16%), Vitamin A: 699.73IU (13.99%), Vitamin B2: 0.23mg (13.77%), Vitamin C: 11.15mg (13.52%), Copper: 0.27mg (13.43%), Zinc: 1.3mg

(8.65%), Vitamin B5: 0.85mg (8.53%), Vitamin B1: 0.1mg (6.75%), Vitamin B12: 0.31µg (5.21%)