



Southwestern Chicken and White Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce .5 can cannellini beans white rinsed drained canned
- 2 cups chicken shredded cooked
- 28 ounce fat-skimmed beef broth fat-free canned
- 0.5 cup salsa verde green
- 1 tablespoon taco seasoning (such as Old El Paso)

Equipment

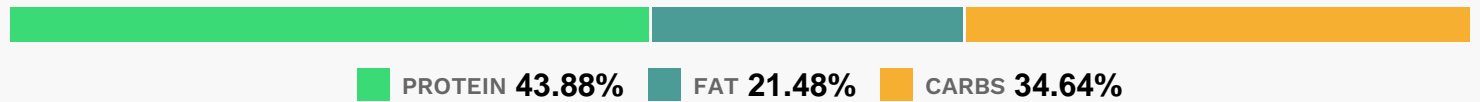
- bowl
- frying pan

sauce pan

Directions

- Combine chicken and taco seasoning; toss well to coat.
- Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- Add chicken; saut 2 minutes or until chicken is lightly browned.
- Add broth, scraping pan to loosen browned bits.
- Place beans in a small bowl; mash until only a few whole beans remain.
- Add beans and salsa to pan, stirring well. Bring to a boil. Reduce heat; simmer 10 minutes or until slightly thick.
- Serve with sour cream and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:6.1121739071348%

Nutrients (% of daily need)

Calories: 147.29kcal (7.36%), Fat: 3.61g (5.56%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 9.41g (3.42%), Sugar: 1.45g (1.62%), Cholesterol: 35mg (11.67%), Sodium: 907.66mg (39.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.21%), Vitamin B3: 4.42mg (22.08%), Selenium: 14.39µg (20.56%), Fiber: 3.7g (14.8%), Iron: 2.41mg (13.39%), Vitamin B6: 0.21mg (10.49%), Phosphorus: 104.15mg (10.42%), Vitamin B12: 0.4µg (6.67%), Vitamin B5: 0.61mg (6.12%), Vitamin B2: 0.1mg (5.67%), Calcium: 56.25mg (5.63%), Potassium: 184.79mg (5.28%), Zinc: 0.74mg (4.91%), Vitamin A: 175.93IU (3.52%), Magnesium: 11.12mg (2.78%), Copper: 0.05mg (2.59%), Vitamin B1: 0.04mg (2.55%), Manganese: 0.02mg (1.12%), Vitamin C: 0.9mg (1.09%)