



Southwestern Chicken and White Bean Soup



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beans white rinsed drained canned
- ☐ 1.8 cups chicken broth organic swanson® Regular, Natural or Certified
- ☐ 1 cup kernel corn whole frozen
- ☐ 3 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 large onion chopped
- ☐ 1 cup & chunky salsa thick pace®
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces

☐ 1 tablespoon vegetable oil

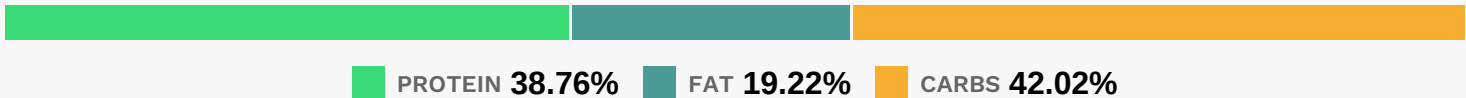
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a 10-inch skillet over medium-high heat.
- ☐ Add the chicken and cook until it's well browned, stirring often.
- ☐ Stir the chicken, broth, salsa, garlic, cumin, beans, corn and onion in a 3 1/2-quart slow cooker.
- ☐ Add the chicken.
- ☐ Cover and cook on LOW for 8 to 9 hours* or until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.51, Inflammation Score:-6, Nutrition Score:16.151304327923%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 242.32kcal (12.12%), Fat: 5.21g (8.01%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 20.7g (7.53%), Sugar: 3.26g (3.62%), Cholesterol: 49.75mg (16.58%), Sodium: 673.16mg (29.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.63g (47.27%), Vitamin B3: 8.87mg (44.35%), Selenium: 26.44µg (37.77%), Vitamin B6: 0.75mg (37.54%), Manganese: 0.57mg (28.74%), Phosphorus: 267.28mg (26.73%), Potassium: 830.51mg (23.73%), Fiber: 4.94g (19.74%), Iron: 3.35mg (18.59%), Magnesium: 73.46mg (18.37%), Folate: 66.01µg (16.5%), Vitamin B5: 1.35mg (13.51%), Copper: 0.26mg (13.1%), Vitamin B1: 0.17mg (11.53%), Zinc: 1.58mg (10.54%), Vitamin B2: 0.17mg (10.13%), Vitamin E: 1.51mg (10.07%), Calcium: 89.01mg (8.9%), Vitamin K: 8.49µg (8.09%), Vitamin C: 4.52mg (5.48%), Vitamin A: 241.15IU (4.82%), Vitamin B12: 0.16µg (2.75%)