



Southwestern Chicken and White Bean Soup



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



179 kcal

Ingredients

- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 2 cups chicken breast shredded cooked
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 cup salsa green
- ☐ 1 tablespoon 0%-less-sodium taco seasoning (such as Old El Paso)

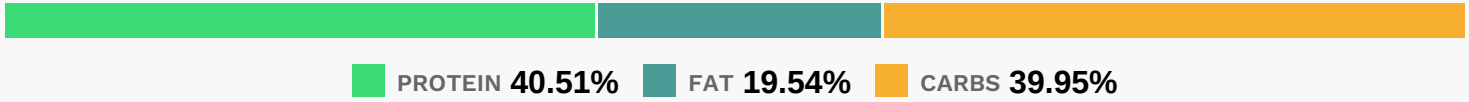
Equipment

- ☐ 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:5.17, Glycemic Load:3.84, Inflammation Score:-4, Nutrition Score:10.283043534859%

Nutrients (% of daily need)

Calories: 179.04kcal (8.95%), Fat: 3.83g (5.9%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 13.92g (5.06%), Sugar: 1.67g (1.86%), Cholesterol: 35mg (11.67%), Sodium: 748.91mg (32.56%), Alcohol %: 0% (100%), Protein: 17.87g (35.75%), Vitamin B3: 4.5mg (22.51%), Selenium: 15.6µg (22.29%), Manganese: 0.41mg (20.59%), Phosphorus: 172.95mg (17.29%), Iron: 3.04mg (16.88%), Potassium: 528.01mg (15.09%), Fiber: 3.71g (14.83%), Vitamin B6: 0.27mg (13.33%), Folate: 52.8µg (13.2%), Magnesium: 49.68mg (12.42%), Copper: 0.23mg (11.36%), Zinc: 1.58mg (10.55%), Vitamin B5: 0.75mg (7.52%), Vitamin B1: 0.11mg (7.38%), Vitamin B2: 0.12mg (7.31%), Vitamin B12: 0.4µg (6.67%), Calcium: 66.08mg (6.61%), Vitamin E: 0.6mg (3.98%), Vitamin A: 175.93IU (3.52%), Vitamin K: 2.19µg (2.09%), Vitamin C: 0.9mg (1.09%)