



Southwestern Chicken Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup avocado diced peeled (1 medium)
- ☐ 0.5 teaspoon pepper black
- ☐ 16 ounce great northern beans rinsed drained canned
- ☐ 3 cups chicken breast boneless skinless chopped
- ☐ 6 cups fat-skimmed beef broth fat-free
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon ground cumin

- ☐ 1 tablespoon juice of lime fresh
- ☐ 6 lime wedges
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes seeded chopped
- ☐ 0.3 cup rice white uncooked

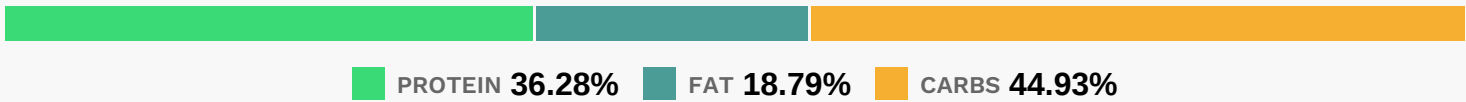
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large saut pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic, and saut 3 minutes.
- ☐ Add broth, rice, cumin, and beans; bring to a boil. Reduce heat; simmer 15 minutes. Stir in chicken, cilantro, pepper, and salt; simmer 5 minutes or until chicken is thoroughly heated.
- ☐ Remove from heat, and stir in tomato, avocado, and juice.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:49.53, Glycemic Load:5.26, Inflammation Score:-7, Nutrition Score:19.113913038503%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 264.27kcal (13.21%), Fat: 5.64g (8.67%), Saturated Fat: 0.96g (6%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 23.86g (8.67%), Sugar: 2.64g (2.93%), Cholesterol: 48mg (16%), Sodium: 1121.23mg (48.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.99%), Vitamin B3: 10.15mg (50.74%), Selenium: 33.79µg (48.27%), Vitamin B6: 0.82mg (40.88%), Phosphorus: 326.04mg (32.6%), Manganese: 0.58mg (29.16%), Fiber: 6.47g (25.89%), Potassium: 850.98mg (24.31%), Folate: 93.72µg (23.43%), Vitamin B5: 2.01mg (20.06%), Vitamin C: 15.97mg (19.36%), Magnesium: 76.6mg (19.15%), Vitamin B1: 0.22mg (14.91%), Copper: 0.29mg (14.35%), Iron: 2.47mg (13.71%), Vitamin B2: 0.22mg (12.78%), Vitamin K: 10.74µg (10.23%), Vitamin B12: 0.6µg (10.07%), Zinc: 1.33mg (8.85%), Calcium: 79.72mg (7.97%), Vitamin A: 362.77IU (7.26%), Vitamin E: 0.77mg (5.14%)