



Southwestern Chicken Soup



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce .5 can cannellini beans drained canned
- ☐ 3 cups chicken broth
- ☐ 3 cups chicken pieces cooked (1 small deli-counter rotisserie chicken or leftovers)
- ☐ 2 green onions chopped
- ☐ 12 ounce salsa verde
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

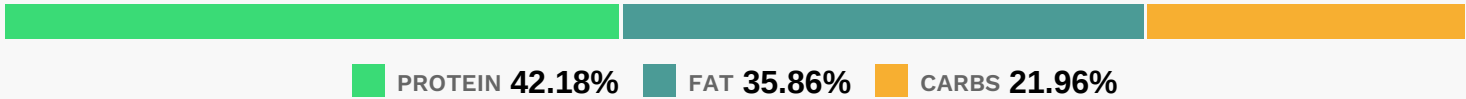
- ☐ bowl

sauce pan

Directions

Empty the salsa into a large saucepan. Cook 2 minutes over medium-high heat, then add the chicken, beans, broth, and cumin (if desired). Bring to a boil, lower heat to a simmer, and cook for 10 minutes, stirring occasionally. Top each bowl with a sprinkling of onions, a dollop of sour cream, and some tortilla chips (if desired). For a soupier dish, use 4 cups of broth.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:5.5, Inflammation Score:-6, Nutrition Score:11.182173972544%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 557.08kcal (27.85%), Fat: 22.09g (33.99%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 25.17g (9.15%), Sugar: 7.53g (8.37%), Cholesterol: 190.83mg (63.61%), Sodium: 1896.3mg (82.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.45g (116.91%), Manganese: 0.64mg (32.07%), Potassium: 739.52mg (21.13%), Fiber: 5.26g (21.04%), Iron: 3.41mg (18.95%), Folate: 74.67µg (18.67%), Vitamin A: 774.01IU (15.48%), Vitamin K: 15.93µg (15.18%), Magnesium: 60.06mg (15.01%), Copper: 0.28mg (14.16%), Phosphorus: 127.86mg (12.79%), Calcium: 118.01mg (11.8%), Vitamin B2: 0.2mg (11.55%), Vitamin B1: 0.15mg (9.87%), Zinc: 1.43mg (9.55%), Vitamin E: 1.05mg (7.02%), Vitamin C: 4.62mg (5.6%), Selenium: 3.51µg (5.01%), Vitamin B6: 0.1mg (4.76%), Vitamin B5: 0.31mg (3.14%), Vitamin B3: 0.56mg (2.82%), Vitamin B12: 0.1µg (1.59%)