



## Southwestern Chowder

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



65 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15 oz kidney beans rinsed drained canned
- 0.8 cup elbow macaroni
- 0.5 tsp ground cumin
- 14.5 oz reduced sodium chicken broth fat-free canned
- 16 oz taco bellâ® & chunky salsa thick
- 0.5 cup cheese shredded mexican style kraft
- 7 oz kernel corn whole drained canned
- 1 cup zucchini halved

# Equipment

- bowl
- sauce pan

# Directions

- Mix broth, salsa, beans and corn in 3-quart saucepan. Bring to boil over medium-high heat.
- Add macaroni, zucchini and cumin; return to boil. Reduce heat to medium; simmer 6 minutes or until macaroni is tender.
- Spoon into 4 soup bowls; top each serving with 2 Tbsp. cheese.
- Garnish with chopped cilantro.

# Nutrition Facts



# Properties

Glycemic Index:3.6, Glycemic Load:1.07, Inflammation Score:-2, Nutrition Score:3.3678260639958%

# Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 65.17kcal (3.26%), Fat: 1.29g (1.99%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 8.63g (3.14%), Sugar: 1.61g (1.79%), Cholesterol: 2.66mg (0.89%), Sodium: 243.44mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Manganese: 0.15mg (7.72%), Fiber: 1.77g (7.08%), Phosphorus: 64.82mg (6.48%), Selenium: 4.19µg (5.99%), Potassium: 174.14mg (4.98%), Vitamin B3: 0.84mg (4.2%), Magnesium: 15.86mg (3.96%), Copper: 0.08mg (3.96%), Vitamin B6: 0.08mg (3.92%), Calcium: 34.55mg (3.45%), Iron: 0.57mg (3.15%), Folate: 12.11µg (3.03%), Vitamin A: 140.35IU (2.81%), Vitamin B2: 0.05mg (2.78%), Zinc: 0.41mg (2.71%), Vitamin B1: 0.04mg (2.7%), Vitamin C: 1.88mg (2.28%), Vitamin K: 2.17µg (2.07%), Vitamin E: 0.3mg (2.02%), Vitamin B5: 0.12mg (1.16%)