



Southwestern Turkey Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado diced peeled
- ☐ 4 ounces baked tortilla chips crushed
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 teaspoon chili powder

- ☐ 11 ounce no-salt-added whole-kernel corn drained canned
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 8 lime wedges
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 serrano chile minced
- ☐ 2 tablespoons no-salt-added tomato paste
- ☐ 1 pound turkey breast tenderloins cut into bite-sized pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

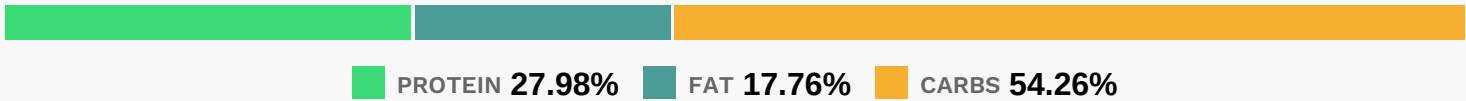
Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion, bell pepper, garlic, and serrano to pan; saut 5 minutes or until tender.
- ☐ Place flour in a shallow bowl; dredge turkey in flour.
- ☐ Add turkey to pan; saut 5 minutes or until browned on all sides.
- ☐ Add tomato paste and next 4 ingredients (through salt), stirring to coat.
- ☐ Add broth and next 5 ingredients (through corn); bring to a boil. Reduce heat to medium, and cook 15 minutes.

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Remove from heat; discard bay leaves. Stir in cilantro. Top with tortilla chips and avocado; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:51.38, Glycemic Load:6.05, Inflammation Score:-7, Nutrition Score:16.856956658156%

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 Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 328.52kcal (16.43%), Fat: 6.81g (10.48%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 35.38g (12.86%), Sugar: 7.08g (7.87%), Cholesterol: 25.31mg (8.44%), Sodium: 1131.76mg (49.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Fiber: 11.44g (45.77%), Vitamin C: 32.38mg (39.25%), Manganese: 0.59mg (29.43%), Folate: 96.31µg (24.08%), Potassium: 816.34mg (23.32%), Phosphorus: 230.3mg (23.03%), Copper: 0.43mg (21.36%), Iron: 3.73mg (20.73%), Magnesium: 80.74mg (20.19%), Vitamin B6: 0.36mg (17.87%), Vitamin B1: 0.25mg (16.94%), Vitamin B2: 0.26mg (15.09%), Vitamin B3: 2.95mg (14.77%), Vitamin E: 2.02mg (13.47%), Calcium: 111.53mg (11.15%), Vitamin K: 11.23µg (10.7%), Selenium: 7.28µg (10.4%), Vitamin B5: 0.96mg (9.56%), Zinc: 1.31mg (8.73%), Vitamin A: 404.64IU (8.09%), Vitamin B12: 0.23µg (3.78%)