



## Spicy Buffalo Chicken Soup {in your Crockpot}

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup cheese for topping
- 1 cup sauce of the chicken from the turbo broiler hot
- 4 stalks celery diced
- 48 ounces chicken broth
- 0.3 cup cilantro leaves diced
- 2 Tablespoons cornstarch
- 4 garlic clove minced

- 0.5 cup spring onion diced for topping
- 0.5 cup milk 2% (I used )
- 1 tablespoon olive oil
- 1 bell pepper diced red
- 3 chicken breast boneless skinless cooked cut into bite-size pieces
- 1 onion diced sweet
- 1 tomatoes chopped

## Equipment

- frying pan
- stove
- slow cooker

## Directions

- Thanks for reading! You can find this recipe and many more here:  
<http://sallycooks.com/2013/09/30/spicy-buffalo-chicken-soup-in-your-crockpot/> What to do: saute garlic, onions and pepper in olive oil in a pan on the stovetop for 6-8 minutes or until onions are browned and translucent whisk cornstarch into milk until thickened add everything to your crockpot and cook on low for 6-8 hours or high for 3-4 serve hot, topping with green onions and bleu cheese

## Nutrition Facts



■ PROTEIN **35.97%** ■ FAT **38.02%** ■ CARBS **26.01%**

## Properties

Glycemic Index:32.63, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:11.987391186797%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol:

0.62mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

## Nutrients (% of daily need)

Calories: 147.56kcal (7.38%), Fat: 6.28g (9.66%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.25g (3%), Sugar: 5.05g (5.61%), Cholesterol: 38.68mg (12.89%), Sodium: 1725.22mg (75.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.74%), Vitamin C: 26.04mg (31.56%), Vitamin B3: 5.3mg (26.5%), Vitamin B6: 0.49mg (24.4%), Selenium: 16.37µg (23.38%), Vitamin K: 23.83µg (22.69%), Vitamin A: 885.41IU (17.71%), Phosphorus: 172.48mg (17.25%), Vitamin B2: 0.24mg (14.04%), Potassium: 426.89mg (12.2%), Manganese: 0.21mg (10.52%), Vitamin B5: 0.99mg (9.89%), Calcium: 98.69mg (9.87%), Folate: 34.95µg (8.74%), Vitamin B1: 0.12mg (7.7%), Magnesium: 27.7mg (6.93%), Vitamin E: 0.86mg (5.72%), Fiber: 1.42g (5.66%), Zinc: 0.84mg (5.6%), Vitamin B12: 0.3µg (5.07%), Copper: 0.09mg (4.7%), Iron: 0.7mg (3.9%), Vitamin D: 0.25µg (1.68%)