



Spicy Chicken Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced green undrained canned (such as Del Monte)
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cooked chopped (such as Louis Rich; 12 ounces)
- ☐ 7 ounce chipotles in adobo canned
- ☐ 11 ounce corn kernels sweet with peppers, drained canned
- ☐ 29 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup spring onion chopped

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon olive oil

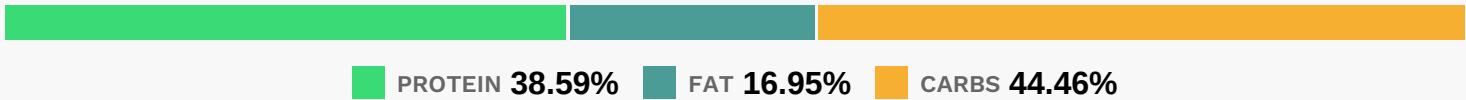
Equipment

- ☐ sauce pan

Directions

- ☐ Remove 1 chile from can; reserve the remaining chiles and sauce for another use. Mince chile.
- ☐ Heat the oil in a large saucepan over medium-high heat.
- ☐ Add bell pepper, onions, garlic, and cumin; saute 4 minutes or until the vegetables are soft. Stir in minced chile, chicken, broth, tomatoes, and corn. Bring to a boil; reduce heat, and simmer 3 minutes.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.76, Inflammation Score:-7, Nutrition Score:22.057826071978%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg 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: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 269.67kcal (13.48%), Fat: 5.3g (8.16%), Saturated Fat: 1.1g (6.96%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 21.74g (7.91%), Sugar: 12.83g (14.26%), Cholesterol: 59.5mg (19.83%), Sodium: 1193.02mg (51.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.34%), Vitamin B3: 13.07mg (65.37%), Vitamin C: 44.21mg (53.59%), Vitamin B6: 0.77mg (38.58%), Fiber: 9.56g (38.25%), Selenium: 25.56µg (36.51%), Vitamin K: 34.98µg (33.32%), Phosphorus: 271.26mg (27.13%), Iron: 4.47mg (24.81%), Manganese: 0.46mg (22.81%), Potassium: 768.55mg (21.96%), Copper: 0.34mg (16.88%), Vitamin B2: 0.27mg (16%), Vitamin B5: 1.55mg (15.53%), Magnesium: 62.04mg (15.51%), Folate: 58.95µg (14.74%), Vitamin B1: 0.21mg (13.87%), Vitamin E: 1.91mg (12.76%), Vitamin A: 542.35IU (10.85%), Vitamin B12: 0.65µg (10.82%), Zinc: 1.43mg (9.55%), Calcium: 80.18mg (8.02%)