

Spicy Chicken Soup



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 29 ounce chicken broth canned
- ☐ 1 cup chicken breast cooked chopped
- ☐ 2 cloves garlic pressed
- ☐ 1 cup bell pepper diced green
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

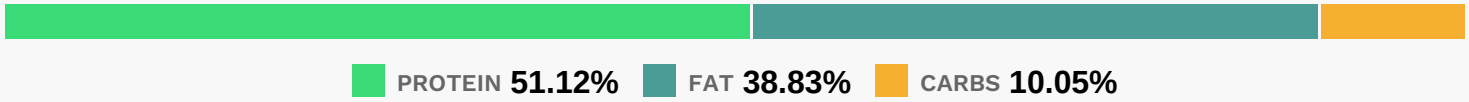
Equipment

☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Saute onion, green pepper and garlic until tender. Stir in chicken broth, chicken pieces and the diced tomatoes and chilies. Simmer covered for at least 10 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:10.073043463023%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg 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: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 256.87kcal (12.84%), Fat: 10.75g (16.55%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 4.43g (1.61%), Sugar: 2.48g (2.76%), Cholesterol: 66.26mg (22.09%), Sodium: 627.81mg (27.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.71%), Selenium: 23.95µg (34.21%), Vitamin C: 20.94mg (25.38%), Vitamin B3: 4.98mg (24.92%), Phosphorus: 207.81mg (20.78%), Vitamin B6: 0.38mg (18.76%), Zinc: 2.81mg (18.74%), Vitamin B12: 1.09µg (18.12%), Iron: 1.65mg (9.14%), Vitamin B2: 0.13mg (7.89%), Potassium: 266.85mg (7.62%), Fiber: 1.84g (7.37%), Magnesium: 28.65mg (7.16%), Vitamin A: 254.95IU (5.1%), Vitamin K: 4.94µg (4.71%), Vitamin E: 0.7mg (4.68%), Copper: 0.08mg (4.11%), Manganese: 0.06mg (3.2%), Calcium: 24.85mg (2.48%), Vitamin B1: 0.03mg (2.24%), Vitamin B5: 0.22mg (2.16%), Folate: 8.44µg (2.11%)