



Tex-Mex Chicken Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce no-salt-added black beans rinsed drained canned
- 0.5 teaspoon pepper black
- 1 tablespoon chili powder
- 2 cups whole-kernel corn frozen
- 1.5 teaspoons pepper red crushed
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic cloves minced
- 0.5 teaspoon ground cumin

- 1 jalapeño minced seeded
- 8 lime wedges
- 4 cups lower-sodium chicken broth
- 1.5 tablespoons olive oil extra-virgin
- 1 cup onion chopped
- 3 ounces queso fresco crumbled
- 1 bell pepper red chopped
- 3 cups rotisserie chicken cut shredded
- 0.5 teaspoon salt
- 2 large tomatoes chopped

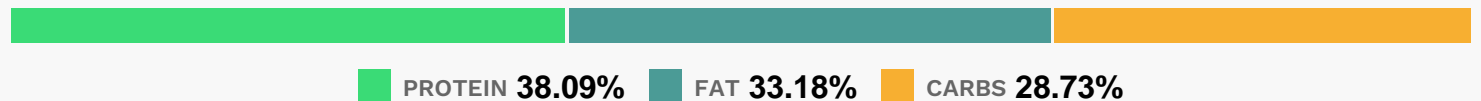
Equipment

- dutch oven

Directions

- Heat a Dutch oven over medium-high heat.
- Add oil, onion, and next 3 ingredients; saut 3 minutes.
- Add chili powder and next 4 ingredients; saut 30 seconds.
- Add chicken and next 4 ingredients; bring to a boil. Cover, reduce heat, and simmer 6 minutes. Top evenly with cilantro and queso.
- Serve with lime.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:4.05, Inflammation Score:-8, Nutrition Score:13.83434785449%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 355.79kcal (17.79%), Fat: 13.63g (20.96%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 18.79g (6.83%), Sugar: 5.25g (5.83%), Cholesterol: 92.51mg (30.84%), Sodium: 864.96mg (37.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.37%), Vitamin C: 35.23mg (42.7%), Fiber: 7.76g (31.03%), Folate: 115.26µg (28.81%), Vitamin A: 1424.14IU (28.48%), Manganese: 0.45mg (22.33%), Potassium: 725.54mg (20.73%), Phosphorus: 165.4mg (16.54%), Magnesium: 58.36mg (14.59%), Vitamin B1: 0.2mg (13.1%), Vitamin B6: 0.22mg (11.15%), Iron: 1.97mg (10.92%), Vitamin E: 1.58mg (10.56%), Calcium: 100.84mg (10.08%), Copper: 0.2mg (9.95%), Vitamin K: 9.76µg (9.29%), Zinc: 1.25mg (8.36%), Vitamin B2: 0.13mg (7.84%), Vitamin B3: 1.36mg (6.79%), Selenium: 3.59µg (5.12%), Vitamin B5: 0.49mg (4.93%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.29µg (1.91%)