



Witches' Brew Chicken Soup

READY IN



55 min.

SERVINGS



15

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 48 ounce cannellini beans divided rinsed drained canned
- ☐ 4.5 ounce chiles green chopped canned
- ☐ 3 carrots chopped
- ☐ 15 servings toppings: cheddar cheese shredded sour crumbled cooked sliced
- ☐ 1 tablespoon chicken soup base
- ☐ 4 skinned and boned chicken breast halves chopped
- ☐ 28 ounce chicken broth low-sodium canned
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup milk
- ☐ 1 large onion chopped

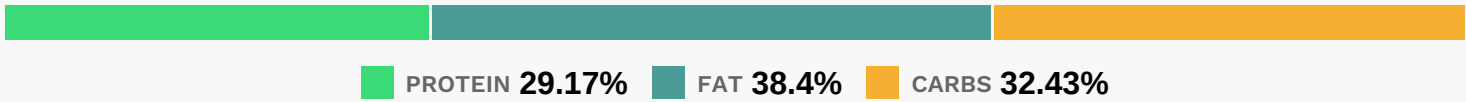
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat; add chicken and next 3 ingredients, and saute 10 minutes. Stir in broth and next 3 ingredients.
- ☐ Bring to a boil; reduce heat, and simmer, stirring occasionally, 20 minutes. Stir in 2 cans of beans and chiles.
- ☐ Mash remaining can of beans in a small bowl.
- ☐ Whisk together flour and milk, and stir into beans. Gradually add bean mixture to soup mixture, stirring constantly. Cook 10 minutes or until thickened.
- ☐ Remove from heat, and stir in cilantro.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:16.627825799196%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 296.81kcal (14.84%), Fat: 12.82g (19.72%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 19.19g (6.98%), Sugar: 1.63g (1.82%), Cholesterol: 50.3mg (16.77%), Sodium: 385.16mg (16.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.82%), Vitamin A: 2438.85IU (48.78%), Phosphorus: 359.6mg (35.96%), Selenium: 22.6µg (32.28%), Calcium: 286.44mg (28.64%), Folate: 91.97µg (22.99%), Vitamin B3: 4.58mg (22.89%), Manganese: 0.43mg (21.43%), Fiber: 5.17g (20.67%), Vitamin B6: 0.4mg (19.97%), Magnesium: 67.65mg (16.91%), Potassium: 582.52mg (16.64%), Vitamin B2: 0.26mg (15.57%), Zinc: 2.03mg (13.51%), Vitamin B1: 0.19mg (12.4%), Iron: 2.02mg (11.21%), Copper: 0.2mg (10.21%), Vitamin B5: 0.9mg (9%), Vitamin B12: 0.48µg (7.95%), Vitamin C: 6.15mg (7.45%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.3µg (2%)