



WHATSheATE



Yucatecan Chicken-and-Lime Soup



Gluten Free



Dairy Free

READY IN



58 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado very thinly sliced
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 1.5 teaspoons peppercorns black
- ☐ 2 chicken breast bone-in
- ☐ 3 quarts chicken stock see
- ☐ 8 garlic clove crushed
- ☐ 1 small bell pepper green thinly sliced
- ☐ 2 teaspoons kosher salt divided

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 3 lime very thinly sliced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 onion halved sliced
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 tomatoes thinly sliced
- ☐ 1 cup fried tortilla strips

Equipment

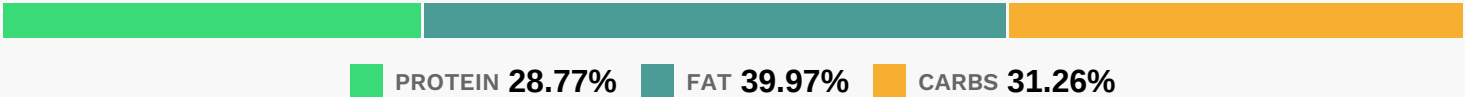
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Place chicken breasts and stock in a large saucepan; bring to a boil over high heat. Skim and discard any foam that rises to the top.
- ☐ Add 1 teaspoon kosher salt and next 3 ingredients. Reduce heat, and simmer 30 minutes or until the chicken is tender and cooked through.
- ☐ Transfer chicken to a plate. Strain stock through a very fine strainer, discarding solids, and skim off any fat from the top. Set aside.
- ☐ When chicken is cool enough to handle, remove skin, and pull the meat from the bones. Discard skin and bones, and shred chicken into strips. Set aside.
- ☐ Heat olive oil in a large stockpot over medium-low heat.
- ☐ Add onion, ground black pepper, and remaining 1 teaspoon kosher salt, and cook, stirring occasionally, 10 minutes.
- ☐ Add bell pepper; cook 5 minutes.
- ☐ Add tomato, Key lime zest and juice, and reserved shredded chicken and chicken stock. Bring to a boil over high heat. Reduce heat, and simmer about 10 minutes. Divide soup among 6

bowls, and top each with serrano chiles, if desired, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:2.49, Inflammation Score:-8, Nutrition Score:23.430435045906%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 14.77mg, Hesperetin: 14.77mg, Hesperetin: 14.77mg, Hesperetin: 14.77mg Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 410.33kcal (20.52%), Fat: 18.5g (28.47%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 27.65g (10.05%), Sugar: 10.53g (11.7%), Cholesterol: 62.41mg (20.8%), Sodium: 1563.3mg (67.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Vitamin B3: 16.38mg (81.91%), Vitamin B6: 1.1mg (54.82%), Selenium: 35.55µg (50.79%), Vitamin C: 33.94mg (41.15%), Phosphorus: 336.83mg (33.68%), Potassium: 1164.81mg (33.28%), Vitamin B2: 0.55mg (32.61%), Manganese: 0.45mg (22.27%), Copper: 0.44mg (21.93%), Vitamin K: 21.18µg (20.17%), Fiber: 4.92g (19.67%), Vitamin B1: 0.29mg (19.22%), Vitamin B5: 1.74mg (17.37%), Folate: 69.21µg (17.3%), Magnesium: 63.14mg (15.79%), Vitamin E: 2.11mg (14.08%), Iron: 2.29mg (12.74%), Zinc: 1.55mg (10.34%), Vitamin A: 509.02IU (10.18%), Calcium: 65.89mg (6.59%), Vitamin B12: 0.15µg (2.51%)