



Zesty Mexican Soup

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups roasted chicken cubed cooked
- 14 oz chicken broth canned
- 11.5 oz cranberry juice cocktail canned
- 11 oz corn kernels whole green red undrained canned
- 1 cup salsa thick
- 4 oz chilis green chopped canned
- 0.3 cup cilantro leaves fresh chopped

Equipment

sauce pan

Directions

In large saucepan, mix all ingredients except cilantro.

Heat to boiling over medium-high heat.

Reduce heat to low; simmer 10 minutes or until thoroughly heated, stirring occasionally. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:4.4, Inflammation Score:-5, Nutrition Score:12.732608637084%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 281.16kcal (14.06%), Fat: 9.28g (14.27%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 17.02g (6.19%), Sugar: 10.43g (11.59%), Cholesterol: 68.07mg (22.69%), Sodium: 821.08mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.74%), Vitamin C: 31.28mg (37.92%), Selenium: 24.52µg (35.04%), Vitamin B3: 6.42mg (32.09%), Phosphorus: 231.52mg (23.15%), Vitamin B6: 0.44mg (21.81%), Zinc: 2.65mg (17.68%), Vitamin B12: 0.8µg (13.28%), Potassium: 420.92mg (12.03%), Vitamin B2: 0.2mg (11.86%), Iron: 2.06mg (11.47%), Magnesium: 37.1mg (9.27%), Vitamin A: 440.75IU (8.82%), Folate: 35.24µg (8.81%), Fiber: 2.16g (8.64%), Vitamin B5: 0.77mg (7.74%), Manganese: 0.15mg (7.25%), Vitamin E: 0.92mg (6.16%), Vitamin K: 5.95µg (5.67%), Copper: 0.11mg (5.6%), Vitamin B1: 0.07mg (4.38%), Calcium: 37.43mg (3.74%)