



## Zesty Mexican Soup



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

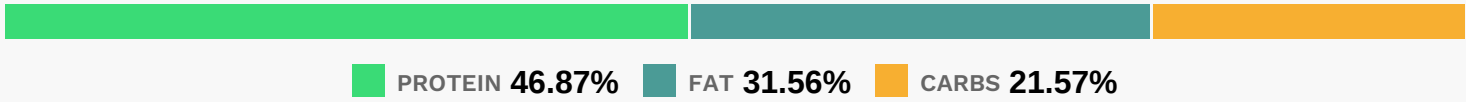
### Equipment

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:12.5, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:12.940000096093%

## Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 263.73kcal (13.19%), Fat: 9.23g (14.2%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 11.56g (4.2%), Sugar: 5.75g (6.39%), Cholesterol: 68.07mg (22.69%), Sodium: 923.37mg (40.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.67%), Selenium: 24.42µg (34.89%), Vitamin B3: 6.41mg (32.06%), Vitamin C: 25.19mg (30.53%), Phosphorus: 231.24mg (23.12%), Vitamin B6: 0.44mg (21.95%), Vitamin A: 886.57IU (17.73%), Zinc: 2.64mg (17.59%), Potassium: 520.85mg (14.88%), Vitamin B12: 0.8µg (13.28%), Iron: 2.2mg (12.25%), Vitamin B2: 0.2mg (11.9%), Fiber: 2.63g (10.54%), Magnesium: 36.65mg (9.16%), Folate: 36.51µg (9.13%), Vitamin B5: 0.75mg (7.47%), Manganese: 0.12mg (5.95%), Vitamin E: 0.8mg (5.36%), Copper: 0.11mg (5.32%), Vitamin K: 5.41µg (5.15%), Calcium: 45.35mg (4.53%), Vitamin B1: 0.07mg (4.39%)