



Iowa Girl Eats: Green Enchilada Chicken Soup

Sliced chicken thighs (or [pinto beans](#), corn, & green pepper for vegetarian), oil (canola/olive blend), [Kinder's the Blend](#), onion, [great northern beans](#), cumin, thyme, [salsa verde](#), [green chiles](#), milk, [chicken broth concentrate](#), corn starch, [Monterey Jack cheese](#)

Nutrition information based on dividing a full-size meal into 6 servings or a half-size meal into 3 servings.

Nutrition Facts

Iowa Girl Eats Green Enchilada Chicken Soup

6 servings per container

Serving Size 1.00 each

Amount per serving

Calories 592

%Daily Value*

Total Fat 32g 41%

Saturated Fat 13g 64%

Trans Fat 0.1g

Cholesterol 183mg 61%

Sodium 1598mg 70%

Total Carbohydrate 34g 13%

Dietary Fiber 8.4g 30%

Total Sugars 6.5g

Includes 0g Added Sugars 0%

Proteins 45g

Vitamin D 1.1mcg 5%

Calcium 432mg 33%

Iron 4.3mg 24%

Potassium 671mg 14%

Phosphorus 473mg 38%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

Iowa Girl Eats Green Enchilada Vegetarian Soup

6 servings per container

Serving Size 1.00 each

Amount per serving

Calories 430

%Daily Value*

Total Fat 16g 21%

Saturated Fat 8.2g 41%

Trans Fat 0g

Cholesterol 37mg 13%

Sodium 1632mg 71%

Total Carbohydrate 50g 18%

Dietary Fiber 13g 45%

Total Sugars 8g

Includes 0g Added Sugars 0%

Proteins 22g

Vitamin D 0.7mcg 4%

Calcium 439mg 34%

Iron 4.2mg 23%

Potassium 635mg 14%

Phosphorus 325mg 26%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.