



6 Can Chicken Tortilla Soup



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers such as ro*tel® canned
- ☐ 12.5 fl. oz. chicken chunks drained canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 14 ounce kernel corn whole canned

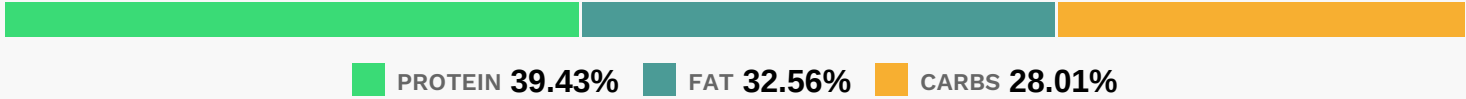
Equipment

- ☐ sauce pan

Directions

☐ Stir black beans, chicken broth, corn, chicken chunks, cream of chicken soup, and diced tomatoes with green chile peppers together in a saucepan; bring to a boil, reduce heat to low, and cook at a simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:14.281739229741%

Nutrients (% of daily need)

Calories: 412.63kcal (20.63%), Fat: 14.62g (22.49%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 21.86g (7.95%), Sugar: 1.85g (2.05%), Cholesterol: 69.12mg (23.04%), Sodium: 1521.04mg (66.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.84g (79.69%), Selenium: 25.83µg (36.9%), Phosphorus: 318.49mg (31.85%), Zinc: 3.97mg (26.45%), Fiber: 6.45g (25.8%), Vitamin B12: 1.3µg (21.69%), Vitamin B3: 4.28mg (21.39%), Iron: 3.72mg (20.68%), Folate: 66.03µg (16.51%), Potassium: 518.99mg (14.83%), Magnesium: 58.84mg (14.71%), Vitamin B2: 0.25mg (14.61%), Copper: 0.29mg (14.33%), Vitamin B6: 0.29mg (14.31%), Manganese: 0.24mg (11.84%), Vitamin C: 8.76mg (10.62%), Vitamin B1: 0.12mg (7.72%), Vitamin A: 325.58IU (6.51%), Calcium: 51.46mg (5.15%), Vitamin K: 5.08µg (4.83%), Vitamin E: 0.69mg (4.6%), Vitamin B5: 0.23mg (2.28%)