



Cheesy Tortilla Soup

READY IN



35 min.

SERVINGS



35

CALORIES



65 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 Tbsp butter
- 28 oz canned tomatoes diced undrained canned
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 3 Tbsp flour
- 1 lime cut into 8 wedges
- 3 Tbsp onions chopped
- 2 cups rotisserie chicken cut shredded
- 1.4 oz taco bellâ® taco seasoning mix
- 1 oz tortilla chips crushed

8 oz velveeta blocks mini cut into 1/2-inch cubes

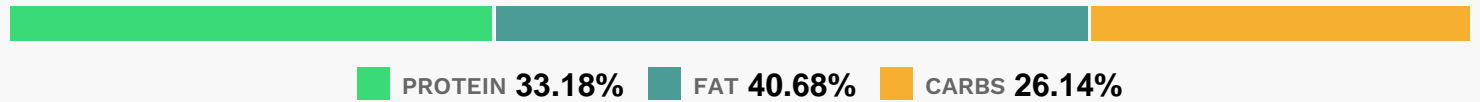
Equipment

sauce pan

Directions

- Melt butter in medium saucepan on medium-high heat.
- Add onions; cook 2 min. or until crisp-tender, stirring frequently. Stir in flour until blended.
- Add tomatoes, broth and seasoning mix; stir. Bring to boil; simmer on medium-low heat 2 min.
- Add chicken and VELVEETA; cook and stir 5 min. or until VELVEETA is completely melted and chicken is heated through.
- Top with crushed chips.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:6.34, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:2.3539130247158%

Flavonoids

Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 64.93kcal (3.25%), Fat: 3.04g (4.68%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.86g (2.07%), Cholesterol: 18.32mg (6.11%), Sodium: 329.71mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Phosphorus: 78.31mg (7.83%), Vitamin A: 250.19IU (5%), Calcium: 47.45mg (4.75%), Vitamin C: 3.22mg (3.91%), Vitamin B2: 0.06mg (3.6%), Fiber: 0.77g (3.09%), Potassium: 97.99mg (2.8%), Iron: 0.45mg (2.51%), Manganese: 0.05mg (2.42%), Copper: 0.05mg (2.35%), Vitamin E: 0.35mg (2.3%), Vitamin B3: 0.39mg (1.96%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.03mg (1.67%), Zinc: 0.25mg (1.64%), Magnesium: 5.7mg (1.43%), Vitamin K: 1.47µg (1.4%), Folate: 4.69µg (1.17%)