



Chicken-corn Tortilla Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings garnishes: cheddar cheese shredded sour
- ☐ 37.5 oz chicken meat white undrained canned
- ☐ 1 cup tortilla chips crushed
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons juice of lime
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup salsa

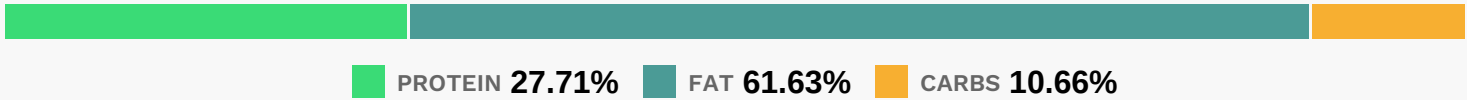
Equipment

☐ sauce pan

Directions

- ☐ Shred chicken, using 2 forks, in a large saucepan.
- ☐ Add broth and salsa; tortilla chips; reduce heat and simmer for 10 minutes. Stir in cilantro, lime juice and pepper.
- ☐ Serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:16.092173669649%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 490.62kcal (24.53%), Fat: 33.45g (51.46%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 11.6g (4.22%), Sugar: 1.65g (1.83%), Cholesterol: 129.67mg (43.22%), Sodium: 1014.28mg (44.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.68%), Vitamin B3: 10.18mg (50.92%), Selenium: 31.06µg (44.37%), Phosphorus: 388.73mg (38.87%), Vitamin B6: 0.59mg (29.34%), Calcium: 256.72mg (25.67%), Zinc: 3.13mg (20.9%), Vitamin B2: 0.34mg (19.88%), Vitamin B5: 1.71mg (17.13%), Vitamin B12: 0.96µg (15.95%), Vitamin A: 711.52IU (14.23%), Magnesium: 53.23mg (13.31%), Potassium: 425.82mg (12.17%), Vitamin E: 1.56mg (10.37%), Iron: 1.78mg (9.9%), Vitamin K: 10.29µg (9.8%), Vitamin B1: 0.13mg (8.6%), Copper: 0.13mg (6.69%), Fiber: 1.41g (5.64%), Folate: 19.19µg (4.8%), Manganese: 0.09mg (4.5%), Vitamin C: 3.39mg (4.11%), Vitamin D: 0.45µg (2.97%)