



Chicken Enchilada Soup I

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast boneless skinless cooked
- 1.3 cups chicken broth
- 10 6-inch corn tortillas cut into 1/2 inch strips ()
- 10 6-inch corn tortillas cut into 1/2 inch strips ()
- 1 cup enchilada sauce green
- 1 cup enchilada sauce green
- 1 teaspoon ground cumin
- 1 cup half and half

- 1 jalapeno minced seeded
- 10 ounce enchilada sauce red canned
- 10 ounce enchilada sauce red canned
- 1 cup cheddar cheese shredded
- 1 tomatoes chopped

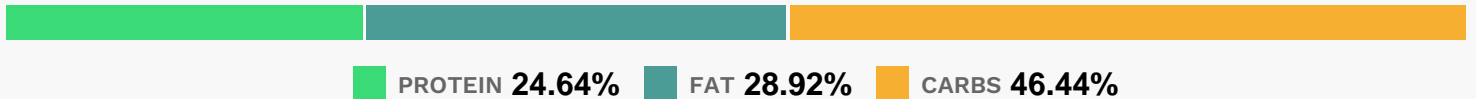
Equipment

- bowl
- pot

Directions

- Combine chicken stock and tortilla strips in a large pot. Cook over medium heat until strips soften and broth thickens somewhat.
- Stir in enchilada sauces and cumin. Stir in chicken and half-and-half; heat through.
- Divide among four bowls and garnish with diced tomato, jalapeno pepper, and cheese.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:25.69, Inflammation Score:-8, Nutrition Score:30.616521726484%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 724.27kcal (36.21%), Fat: 23.53g (36.21%), Saturated Fat: 10.94g (68.35%), Carbohydrates: 85.04g (28.35%), Net Carbohydrates: 71.88g (26.14%), Sugar: 22.47g (24.97%), Cholesterol: 123.21mg (41.07%), Sodium: 2955.53mg (128.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.11g (90.22%), Phosphorus: 846.08mg

(84.61%), Selenium: 54.35µg (77.65%), Vitamin B3: 14.23mg (71.14%), Vitamin B6: 1.22mg (61.11%), Fiber: 13.16g (52.64%), Vitamin A: 2581.29IU (51.63%), Calcium: 386.5mg (38.65%), Magnesium: 143.13mg (35.78%), Vitamin B2: 0.49mg (28.98%), Manganese: 0.53mg (26.65%), Zinc: 3.76mg (25.09%), Potassium: 865.23mg (24.72%), Iron: 4.14mg (22.99%), Vitamin B5: 2.09mg (20.88%), Vitamin C: 15.54mg (18.83%), Vitamin B1: 0.25mg (16.81%), Copper: 0.28mg (14.03%), Vitamin B12: 0.66µg (10.92%), Vitamin E: 1.28mg (8.53%), Folate: 24.38µg (6.09%), Vitamin K: 4.79µg (4.57%), Vitamin D: 0.28µg (1.88%)