



Chicken Fajita Tortilla Soup

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced ripe
- ☐ 1 large bell pepper thinly sliced quartered
- ☐ 1 quart chicken stock see
- ☐ 2 packages chicken tenderloins
- ☐ 1 tablespoon coriander
- ☐ 1 bag tortilla chips white
- ☐ 28 ounce canned tomatoes diced fire roasted canned
- ☐ 1 Handful flat-leaf parsley fresh chopped

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 jalapeño seeded thinly sliced
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion thinly sliced quartered
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions chopped
- ☐ 1 cup sharp cheddar shredded white

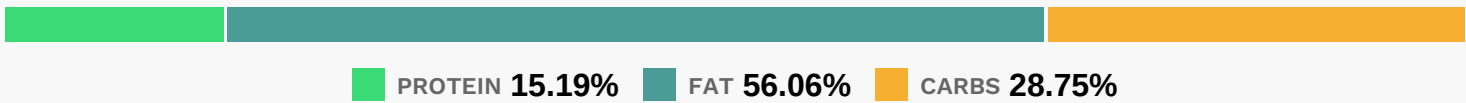
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat a large skillet with extra-virgin olive oil, 2 turns of the pan, over medium-high heat.
- ☐ Add chicken, begin to brown 4 minutes, add coriander, thyme, salt and pepper, to taste, onions, bell pepper and jalapeno, season with salt and pepper, to taste. Cook 8 to 10 minutes, stirring frequently.
- ☐ Add tomatoes and stock, heat through.
- ☐ While the soup is working, lightly crush some tortilla chips and divide among 4 bowls. You need a couple of handfuls per bowl. Top the chips with a little cheese. Toss the avocado with lime juice. Top the chips with ladles of soup.
- ☐ Garnish soup with avocado, scallions and cilantro or parsley.

Nutrition Facts



Properties

Glycemic Index:95.38, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:24.468261091605%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 426.03kcal (21.3%), Fat: 27.12g (41.73%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 23.89g (8.69%), Sugar: 12.62g (14.02%), Cholesterol: 35.67mg (11.89%), Sodium: 839.29mg (36.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.07%), Vitamin C: 79.95mg (96.91%), Vitamin K: 60.48µg (57.6%), Vitamin A: 2860.87IU (57.22%), Calcium: 310.36mg (31.04%), Fiber: 7.4g (29.6%), Vitamin B2: 0.47mg (27.51%), Vitamin B3: 5.33mg (26.63%), Phosphorus: 253.66mg (25.37%), Vitamin B6: 0.5mg (25%), Folate: 97.03µg (24.26%), Vitamin E: 3.21mg (21.38%), Potassium: 736.81mg (21.05%), Selenium: 13.9µg (19.86%), Iron: 3.07mg (17.04%), Copper: 0.29mg (14.54%), Manganese: 0.27mg (13.41%), Zinc: 2mg (13.3%), Magnesium: 50.47mg (12.62%), Vitamin B1: 0.18mg (11.81%), Vitamin B5: 1.05mg (10.48%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.17µg (1.13%)