



Chicken Sopa

 Gluten Free

READY IN



21 min.

SERVINGS



10

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz chicken broth canned
- ☐ 8 oz roasted chiles diced green canned
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 12 corn tortillas
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 medium onion chopped

☐ 8 oz block sharp cheddar cheese shredded divided

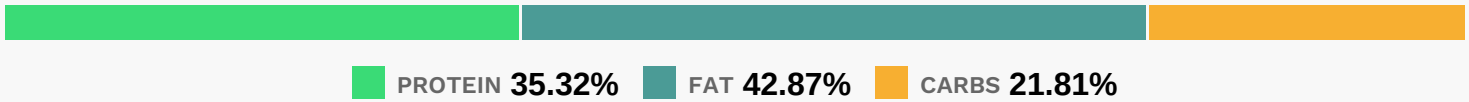
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Saut chopped onion in a lightly greased skillet over medium-high heat 5 to 6 minutes or until tender. Stir in next 6 ingredients.
- ☐ Remove from heat. Tear corn tortillas into bite-size pieces, and stir into soup mixture. Stir in half of shredded Cheddar cheese.
- ☐ Spread chicken mixture into 6 (2 1/2-cup) buttered oven-safe bowls or ramekins, and top evenly with remaining cheese.
- ☐ Bake, covered, at 325 for 45 minutes or until bubbly. Uncover and bake 15 more minutes or until golden brown.
- ☐ Note: Chicken Sopa may be baked in a buttered 13- x 9-inch baking dish as directed. To make ahead, assemble, cover tightly, and freeze up to 1 month. Thaw in refrigerator overnight, let stand at room temperature 30 minutes, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:7.35, Inflammation Score:-5, Nutrition Score:14.341738996298%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 382.92kcal (19.15%), Fat: 18.09g (27.83%), Saturated Fat: 7.3g (45.6%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 18.11g (6.59%), Sugar: 0.98g (1.09%), Cholesterol: 88.49mg (29.5%), Sodium: 916.2mg (39.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.07%), Selenium: 30.12µg (43.03%), Phosphorus: 394.37mg (39.44%), Vitamin B3: 6.39mg (31.98%), Zinc: 3.55mg (23.66%), Vitamin B6: 0.44mg (22.14%), Calcium: 214.13mg (21.41%), Vitamin B2: 0.28mg (16.73%), Vitamin B12: 0.85µg (14.14%), Iron: 2.48mg (13.77%), Magnesium: 53.31mg (13.33%), Manganese: 0.24mg (12.03%), Copper: 0.21mg (10.6%), Vitamin C: 8.6mg (10.43%), Fiber: 2.61g (10.42%), Potassium: 360.38mg (10.3%), Vitamin B5: 0.82mg (8.22%), Vitamin A: 405.35IU (8.11%), Folate: 27.03µg (6.76%), Vitamin B1: 0.09mg (5.89%), Vitamin E: 0.55mg (3.68%), Vitamin K: 2.75µg (2.62%), Vitamin D: 0.18µg (1.17%)