



Chicken-Tortilla Chip Soup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups water
- 4 chicken breast
- 2 bouillon cubes (chicken)
- 2 carrots diced
- 0.5 cup cilantro leaves diced (coriander)
- 1 teaspoon lawry's seasoned salt

Equipment

Directions

Boil all of the above for 30–40 minutes. On serving, add corn chips, Monterey Jack cheese and slices of avocado.

Nutrition Facts

PROTEIN 74.27% **FAT 20.67%** **CARBS 5.06%**

Properties

Glycemic Index:9.85, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:13.847826086957%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Taste

Sweetness: 18.52%, Saltiness: 100%, Sourness: 19.44%, Bitterness: 39.11%, Savoriness: 59.93%, Fattiness: 46.9%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 137kcal (6.85%), Fat: 3.01g (4.63%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.88g (0.97%), Cholesterol: 72.36mg (24.12%), Sodium: 680.14mg (29.57%), Protein: 24.33g (48.65%), Vitamin B3: 11.98mg (59.9%), Vitamin A: 2649.05IU (52.98%), Selenium: 36.46µg (52.09%), Vitamin B6: 0.87mg (43.55%), Phosphorus: 245.37mg (24.54%), Vitamin B5: 1.66mg (16.61%), Potassium: 476.2mg (13.61%), Magnesium: 33.46mg (8.36%), Vitamin B2: 0.13mg (7.4%), Vitamin B1: 0.09mg (5.67%), Vitamin K: 5.34µg (5.08%), Zinc: 0.71mg (4.76%), Vitamin B12: 0.24µg (3.93%), Copper: 0.06mg (3.18%), Vitamin C: 2.53mg (3.06%), Iron: 0.51mg (2.81%), Manganese: 0.05mg (2.38%), Vitamin E: 0.34mg (2.27%), Folate: 8.36µg (2.09%), Fiber: 0.46g (1.82%), Calcium: 16.57mg (1.66%)