



Chicken Tortilla-Lime Soup

READY IN



20 min.

SERVINGS



20

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 10 oz canned tomatoes diced green undrained canned
- 28 oz chicken broth canned
- 0.3 cup cilantro leaves chopped
- 5 6-inch flour tortillas cut into thin strips ()
- 0.3 tsp ground pepper red
- 0.8 cup 3/4 cup kraft zesty italian dressing italian divided kraft
- 2 juice of lime
- 1 cup cheddar cheese shredded kraft

1 lb chicken breasts boneless skinless cut into 1/4-inch-wide strips

Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven

Directions

- Preheat oven to 350F. Toss tortilla strips with 1 Tbsp. of the dressing.
- Spread onto nonstick baking sheet.
- Bake 12 to 15 min. or until crisp and golden brown. Cool completely.
- Combine remaining dressing, broth, tomatoes with liquid, bay leaf and pepper in large saucepan. Stir in 1-1/2 cups water. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer 5 min.
- Add chicken; simmer an additional 5 to 8 min. or until chicken is cooked through.
- Remove and discard bay leaf. Stir in cilantro and lime juice.
- Ladle into soup bowls just before serving; sprinkle evenly with tortilla strips and cheese.
- Garnish with dollops of BREAKSTONE'S or KNUDSEN Sour Cream or additional chopped cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:1.21, Inflammation Score:-2, Nutrition Score:6.8295652918194%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 169.72kcal (8.49%), Fat: 8.21g (12.63%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.68g (2.07%), Sugar: 1.64g (1.82%), Cholesterol: 40.01mg (13.34%), Sodium: 417.7mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.91%), Selenium: 18.03µg (25.76%), Vitamin B3: 3.77mg (18.87%), Phosphorus: 154.28mg (15.43%), Vitamin B6: 0.28mg (13.85%), Zinc: 1.4mg (9.34%), Vitamin B12: 0.5µg (8.37%), Vitamin K: 7.64µg (7.27%), Vitamin B2: 0.12mg (6.9%), Calcium: 63.75mg (6.38%), Iron: 1.05mg (5.84%), Potassium: 197.45mg (5.64%), Magnesium: 18.95mg (4.74%), Vitamin B1: 0.06mg (4.2%), Vitamin B5: 0.38mg (3.8%), Vitamin A: 178.09IU (3.56%), Vitamin E: 0.52mg (3.47%), Vitamin C: 2.6mg (3.15%), Folate: 11.53µg (2.88%), Manganese: 0.06mg (2.85%), Copper: 0.05mg (2.42%), Fiber: 0.43g (1.72%)