



Chicken Tortilla Soup

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 oz chicken broth (4 cups)
- 1 cup salsa thick
- 2 cups rotisserie chicken cut shredded (from 2- to 2 1/2-lb chicken)
- 0.8 cup tortilla chips crushed
- 1 medium avocado pitted peeled chopped
- 6 oz monterrey jack cheese shredded
- 2 tablespoons cilantro leaves fresh chopped
- 1 serving lime wedges

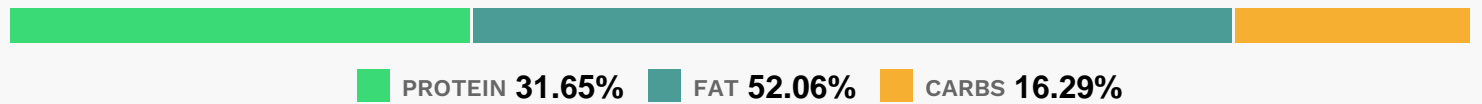
Equipment

- bowl
- sauce pan

Directions

- In 3-quart saucepan, heat broth, salsa and chicken to boiling over medium-high heat, stirring occasionally.
- Meanwhile, divide crushed chips among 6 serving bowls. Spoon hot soup over chips, then top with avocado, cheese and cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:9.5691303325736%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 394.02kcal (19.7%), Fat: 23.33g (35.9%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 12.61g (4.59%), Sugar: 2.79g (3.1%), Cholesterol: 103.96mg (34.65%), Sodium: 1338.52mg (58.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Calcium: 249.07mg (24.91%), Phosphorus: 195.64mg (19.56%), Vitamin B2: 0.27mg (15.74%), Fiber: 3.81g (15.24%), Vitamin E: 1.87mg (12.45%), Vitamin K: 12.98µg (12.36%), Vitamin B6: 0.21mg (10.54%), Potassium: 351.48mg (10.04%), Vitamin A: 487.45IU (9.75%), Zinc: 1.46mg (9.71%), Magnesium: 37.5mg (9.38%), Folate: 35.79µg (8.95%), Manganese: 0.17mg (8.49%), Selenium: 5.87µg (8.39%), Vitamin B5: 0.8mg (7.97%), Vitamin B3: 1.55mg (7.74%), Copper: 0.14mg (6.9%), Vitamin B1: 0.09mg (6.26%), Vitamin C: 4.26mg (5.16%), Iron: 0.9mg (4.99%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.17µg (1.13%)