



Chicken Tortilla Soup

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

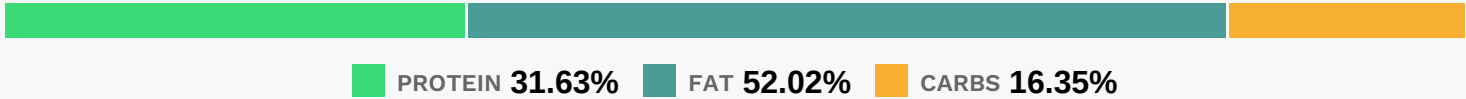
Equipment

- ☐ 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:0.32, Inflammation Score:-4, Nutrition Score:9.5969565173854%

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: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 394.27kcal (19.71%), Fat: 23.34g (35.9%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 12.67g (4.61%), Sugar: 2.81g (3.12%), Cholesterol: 103.96mg (34.65%), Sodium: 1338.54mg (58.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.85%), Calcium: 249.35mg (24.93%), Phosphorus: 195.79mg (19.58%), Vitamin B2: 0.27mg (15.74%), Fiber: 3.83g (15.33%), Vitamin E: 1.87mg (12.46%), Vitamin K: 12.99µg (12.37%), Vitamin B6: 0.21mg (10.56%), Potassium: 352.33mg (10.07%), Vitamin A: 487.87IU (9.76%), Zinc: 1.46mg (9.72%), Magnesium: 37.55mg (9.39%), Folate: 35.86µg (8.96%), Manganese: 0.17mg (8.49%), Selenium: 5.88µg (8.4%), Vitamin B5: 0.8mg (7.99%), Vitamin B3: 1.55mg (7.75%), Copper: 0.14mg (6.92%), Vitamin B1: 0.09mg (6.28%), Vitamin C: 4.5mg (5.45%), Iron: 0.9mg (5.02%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.17µg (1.13%)