



Chicken-Tortilla Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups baked tortilla chips unsalted crushed (16)
- ☐ 14.5 ounce canned tomatoes fresh diced peeled undrained canned (such as Del Monte Cut)
- ☐ 0.5 teaspoon chili powder
- ☐ 10.8 ounce all natural tomato soup undiluted reduced-fat reduced-sodium canned (such as Campbell's Healthy Request)
- ☐ 10 ounces chicken shredded cooked
- ☐ 1 cup corn kernels frozen
- ☐ 0.3 cup wine dry white
- ☐ 2 garlic clove minced

- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno seeded chopped
- ☐ 28.5 ounce chicken broth canned
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 cup cream fat-free sour
- ☐ 1 teaspoon worcestershire sauce

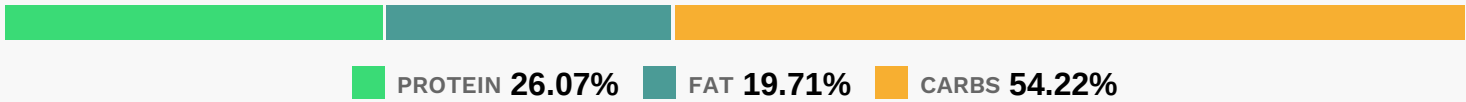
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion and garlic; saute 2 minutes. Stir in chicken and next 9 ingredients (chicken through tomato soup); bring to a boil. Reduce heat, and simmer 1 hour. Ladle soup into bowls; top with tortilla chips and sour cream.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:2.5, Inflammation Score:-5, Nutrition Score:10.404782761698%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 230.26kcal (11.51%), Fat: 5.07g (7.8%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 28.59g (10.4%), Sugar: 6.67g (7.41%), Cholesterol: 27.87mg (9.29%), Sodium: 425.14mg (18.48%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 15.08g (30.17%), Vitamin B3: 5.25mg (26.26%), Phosphorus: 210.99mg (21.1%), Selenium: 13.88µg (19.83%), Potassium: 628.27mg (17.95%), Vitamin C: 14.11mg (17.11%), Vitamin B6: 0.34mg (16.83%), Vitamin B2: 0.22mg (12.83%), Magnesium: 45.39mg (11.35%), Iron: 2.02mg (11.2%), Fiber: 2.77g (11.09%), Manganese: 0.18mg (9.05%), Calcium: 86.73mg (8.67%), Copper: 0.17mg (8.56%), Vitamin B1: 0.13mg (8.55%), Zinc: 1.2mg (7.98%), Vitamin A: 350.06IU (7%), Folate: 22.45µg (5.61%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.52mg (5.17%), Vitamin B12: 0.25µg (4.11%), Vitamin K: 3.67µg (3.49%)