



Chicken Tortilla Soup

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



71 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 oz chicken broth canned
- 6 6-inch corn tortillas divided ()
- 1 cup regular corn frozen
- 1.5 tsp oil divided
- 1 cup taco bell® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft
- 0.5 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 400F.
- Cut 2 tortillas into strips; toss with 1/2 tsp. oil.
- Spread in single layer on baking sheet.
- Bake 10 to 12 min. or until crisp, stirring occasionally.
- Meanwhile, finely chop remaining tortillas.
- Heat remaining oil in large saucepan on medium-high heat.
- Add chicken; cook and stir 5 min.
- Add chopped tortillas, broth, salsa and corn. Bring to boil; simmer on medium-low heat 15 min.
- Serve topped with cheese and tortilla strips.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:2.7434782476529%

Nutrients (% of daily need)

Calories: 70.62kcal (3.53%), Fat: 3.04g (4.68%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.29g (0.32%), Cholesterol: 16.38mg (5.46%), Sodium: 165.31mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.67%), Selenium: 6.59µg (9.42%), Phosphorus: 73.12mg (7.31%), Vitamin B3: 1.27mg (6.35%), Vitamin B6: 0.11mg (5.47%), Zinc: 0.73mg (4.84%), Vitamin B12: 0.24µg (4%), Calcium: 28.18mg (2.82%), Magnesium: 11.11mg (2.78%), Vitamin B2: 0.05mg (2.72%), Potassium: 89.67mg (2.56%), Iron: 0.39mg (2.15%), Vitamin A: 96.58IU (1.93%), Fiber: 0.48g (1.91%), Vitamin E: 0.22mg (1.43%), Manganese: 0.03mg (1.39%), Copper: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.22%)