



Chicken Tortilla Soup I

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings avocado sliced
- ☐ 2 chicken breast halves boneless cooked cut into bite-sized pieces
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 ounce chile peppers green chopped canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 10.5 ounce condensed chicken broth canned
- ☐ 2 teaspoons chili powder
- ☐ 1 cup corn kernels whole cooked

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 8 servings green onions chopped
- ☐ 1 cup hominy white
- ☐ 8 servings monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 8 servings tortilla chips crushed
- ☐ 1.3 cups water

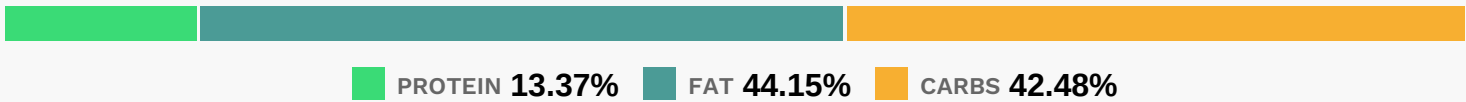
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ In a medium stock pot, heat oil over medium heat.
- ☐ Saute onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.
- ☐ Stir in corn, hominy, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.
- ☐ Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:3.25, Inflammation Score:-8, Nutrition Score:25.63391336086%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 468.77kcal (23.44%), Fat: 24.38g (37.5%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 37.14g (13.51%), Sugar: 7.48g (8.31%), Cholesterol: 19.71mg (6.57%), Sodium: 792.28mg (34.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Fiber: 15.64g (62.56%), Vitamin K: 49.41µg (47.06%), Vitamin B6: 0.77mg (38.56%), Folate: 153.97µg (38.49%), Vitamin B3: 6.98mg (34.88%), Vitamin C: 28.72mg (34.81%), Potassium: 1204.04mg (34.4%), Vitamin E: 4.94mg (32.91%), Phosphorus: 297.66mg (29.77%), Manganese: 0.58mg (28.8%), Copper: 0.55mg (27.73%), Magnesium: 110.26mg (27.57%), Vitamin B5: 2.66mg (26.57%), Iron: 4.12mg (22.88%), Vitamin B2: 0.36mg (21.14%), Vitamin B1: 0.3mg (20.31%), Selenium: 13.42µg (19.17%), Zinc: 2.19mg (14.6%), Vitamin A: 652.94IU (13.06%), Calcium: 128.78mg (12.88%), Vitamin B12: 0.07µg (1.2%)