



Chicken Tortilla Soup III

READY IN



45 min.

SERVINGS



8

CALORIES



1051 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast halves boneless cooked
- 42 ounce chicken broth canned
- 10.8 ounce cream of chicken soup canned
- 15 ounce corn canned
- 2 tablespoons flour all-purpose
- 3 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic minced
- 2 teaspoons ground cumin
- 4 cups half and half

- 3 tablespoons butter
- 8 ounces monterrey jack cheese shredded
- 1 onion chopped
- 1 cup salsa fresh
- 1.3 ounce penzey's southwest seasoning dry
- 16 ounces tortilla chips

Equipment

- bowl
- ladle
- pot

Directions

- In a large pot over medium heat, saute the garlic and onion in the butter or margarine for 5 minutes.
- Add flour and stir well, cooking for 1 minute more.
- Add the broth and half-and-half. Bring to a boil and reduce heat to low.
- Add the soup, salsa, corn, chicken, cumin, fajita seasoning and 2 tablespoons cilantro. Stir and continue to heat for 15 minutes. Crumble tortilla chips into individual bowls, add 1/2 ounce shredded cheese to each bowl and ladle in soup. Top each bowl with more crumbled chips, remaining 1/2 ounce cheese and remaining 1 tablespoon cilantro, and serve.

Nutrition Facts



PROTEIN 27.82% **FAT 47.19%** **CARBS 24.99%**

Properties

Glycemic Index:30.5, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:36.284783218218%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 1051.4kcal (52.57%), Fat: 55.54g (85.45%), Saturated Fat: 21g (131.22%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 59.62g (21.68%), Sugar: 9.54g (10.6%), Cholesterol: 199.29mg (66.43%), Sodium: 1917.26mg (83.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.67g (147.33%), Selenium: 67.31µg (96.15%), Phosphorus: 841.57mg (84.16%), Vitamin B3: 14.44mg (72.19%), Vitamin B6: 1.27mg (63.69%), Calcium: 525.84mg (52.58%), Vitamin K: 49.2µg (46.86%), Zinc: 6.97mg (46.47%), Vitamin B2: 0.72mg (42.15%), Magnesium: 149.38mg (37.34%), Vitamin B12: 2.13µg (35.47%), Iron: 6.24mg (34.68%), Potassium: 1096.14mg (31.32%), Vitamin E: 4.66mg (31.09%), Vitamin A: 1482.77IU (29.66%), Fiber: 6.56g (26.25%), Vitamin B5: 2.6mg (26.02%), Manganese: 0.41mg (20.35%), Folate: 63.76µg (15.94%), Vitamin B1: 0.24mg (15.89%), Copper: 0.31mg (15.72%), Vitamin C: 6.5mg (7.88%), Vitamin D: 0.4µg (2.69%)