



 **22%**  
HEALTH SCORE

## Chicken Tortilla Soup V

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**834 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 29 ounce chicken broth canned
- 0.5 teaspoon chili powder
- 1 cup corn kernels frozen
- 8 ounces tortilla chips
- 0.5 teaspoon garlic minced
- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lemon
- 0.5 cup monterrey jack cheese shredded

- 0.5 teaspoon olive oil
- 1 cup onion chopped
- 1 cup salsa
- 2 chicken breast boneless skinless

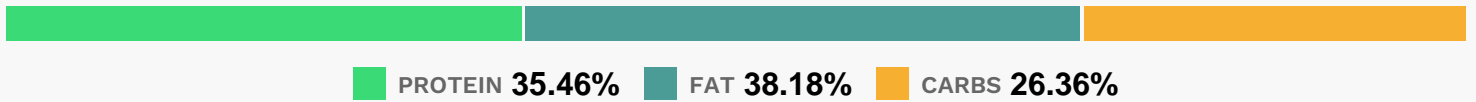
## Equipment

- bowl
- pot

## Directions

- In a large pot over medium heat, cook and stir chicken in the oil for 5 minutes.
- Add the garlic and cumin and mix well. Then add the broth, corn, onion, chili powder, lemon juice, and salsa. Reduce heat to low and simmer for about 20 to 30 minutes.
- Break up some tortilla chips into individual bowls and pour soup over chips. Top with the Monterey Jack cheese and a little sour cream.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:0.89, Inflammation Score:-8, Nutrition Score:28.27826116396%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

## Nutrients (% of daily need)

Calories: 834.25kcal (41.71%), Fat: 35.37g (54.41%), Saturated Fat: 9.45g (59.04%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 49.08g (17.85%), Sugar: 6.62g (7.36%), Cholesterol: 151.5mg (50.5%), Sodium: 1843.41mg (80.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.89g (147.78%), Selenium: 61.59µg (87.98%),

Phosphorus: 676.91mg (67.69%), Vitamin B3: 12.54mg (62.7%), Vitamin B6: 1.12mg (55.8%), Zinc: 7.02mg (46.83%), Vitamin B12: 2.29µg (38.09%), Magnesium: 125.41mg (31.35%), Potassium: 930.85mg (26.6%), Vitamin E: 3.82mg (25.46%), Vitamin B2: 0.43mg (25.21%), Iron: 4.45mg (24.73%), Fiber: 5.85g (23.4%), Calcium: 228.6mg (22.86%), Vitamin K: 20.51µg (19.54%), Vitamin B5: 1.84mg (18.42%), Vitamin A: 898.29IU (17.97%), Copper: 0.25mg (12.71%), Vitamin B1: 0.18mg (11.8%), Folate: 41.93µg (10.48%), Manganese: 0.2mg (9.85%), Vitamin C: 7.11mg (8.62%), Vitamin D: 0.35µg (2.31%)