



Chipotle Chicken Tortilla Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baked tortilla chips crushed
- 1.5 teaspoons bottled garlic minced
- 14.5 ounce canned tomatoes undrained canned
- 1 tablespoon canola oil
- 0.8 pound chicken breast cut into bite-sized pieces
- 1 teaspoon chipotle sauce
- 14 ounce fat-skimmed beef broth fat-free canned
- 0.3 cup cilantro leaves fresh chopped

- 1 teaspoon ground cumin
- 1 lime cut into 4 wedges
- 0.3 teaspoon salt
- 1 cup water

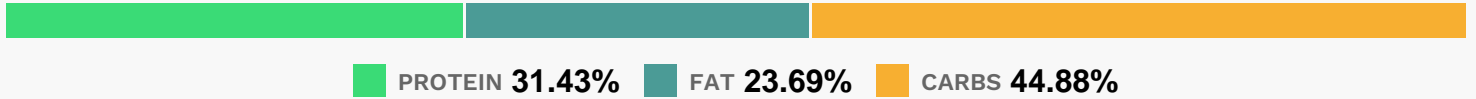
Equipment

- sauce pan

Directions

- Heat oil in a large saucepan over medium-high heat.
- Add minced garlic and chicken; saut 2 minutes.
- Add chile powder and cumin; stir well.
- Add water, salt, broth, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Top with tortilla chips and cilantro, and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.7, Inflammation Score:-6, Nutrition Score:17.960869574029%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 298.04kcal (14.9%), Fat: 8.01g (12.32%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 29.71g (10.8%), Sugar: 5.7g (6.33%), Cholesterol: 54.43mg (18.14%), Sodium: 911.91mg (39.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.82%), Vitamin B3: 10.88mg (54.41%), Selenium: 34.9µg (49.85%), Vitamin B6: 0.89mg (44.55%), Phosphorus: 322.69mg (32.27%), Potassium: 762.54mg (21.79%), Vitamin C: 16.3mg (19.76%), Magnesium: 75.7mg (18.93%), Fiber: 4.42g (17.67%), Vitamin B5: 1.67mg (16.7%), Vitamin E: 2.36mg (15.73%), Iron: 2.73mg (15.18%), Copper: 0.29mg (14.71%), Vitamin B2: 0.25mg (14.62%), Vitamin B1: 0.21mg (14.29%), Manganese: 0.27mg (13.29%), Vitamin K: 11.43µg (10.88%), Calcium: 104.99mg (10.5%), Zinc: 1.2mg

(7.98%), Vitamin A: 358.74IU (7.17%), Vitamin B12: 0.37µg (6.14%), Folate: 24.42µg (6.11%)