



Chipotle Turkey and Corn Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoons chipotle chiles in adobo sauce canned chopped
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 4 lime wedges
- ☐ 0.3 teaspoon salt

- ☐ 1.5 ounces tortilla chips crushed lime-flavored
- ☐ 1 pound turkey cutlets cut into thin strips

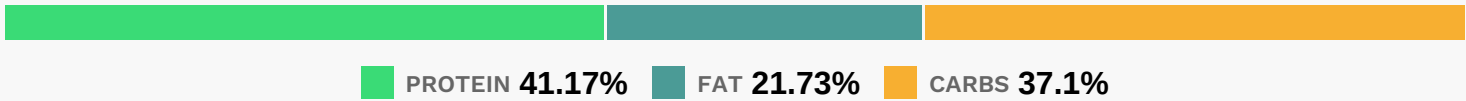
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat canola oil in a large saucepan over medium-high heat.
- ☐ Add turkey; cook for 3 minutes or until browned, stirring occasionally. Stir in adobo sauce, chiles, chicken broth, and corn; bring to a boil. Reduce heat to medium-low; simmer 5 minutes. Stir in 3 tablespoons cilantro and salt. Divide soup evenly among 4 bowls; sprinkle evenly with remaining cilantro and crushed chips.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:6.6560869216919%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 298.9kcal (14.94%), Fat: 7.55g (11.62%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 26.49g (9.63%), Sugar: 4.2g (4.67%), Cholesterol: 70.87mg (23.62%), Sodium: 1746.5mg (75.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.19g (64.38%), Folate: 50.5µg (12.62%), Vitamin C: 9.94mg (12.05%), Vitamin B3: 2.26mg (11.29%), Phosphorus: 103.73mg (10.37%), Fiber: 2.52g (10.07%), Vitamin E: 1.19mg (7.95%), Selenium: 5.41µg (7.73%), Vitamin K: 8.12µg (7.73%), Magnesium: 30.6mg (7.65%), Potassium: 247.24mg (7.06%), Iron: 1.25mg (6.97%), Vitamin B12: 0.4µg (6.61%), Vitamin B2: 0.11mg (6.5%), Vitamin B6: 0.12mg (6.1%), Vitamin B5: 0.6mg (5.97%), Copper: 0.12mg (5.86%), Zinc: 0.77mg (5.15%), Manganese: 0.1mg (4.95%), Vitamin B1: 0.06mg (4.06%), Calcium: 32.12mg (3.21%), Vitamin A: 159.7IU (3.19%)