



Creamy Chicken Tortilla Soup

 Popular

READY IN



35 min.

SERVINGS



8

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons all purpose flour (corn flour)
- ☐ 8 servings avocado fresh chopped
- ☐ 4 tablespoons butter
- ☐ 0.3 teaspoon cajun spice (like Slap Ya Mama)
- ☐ 15 ounce black beans canned
- ☐ 15.5 ounce beans white canned
- ☐ 6 cups chicken stock see
- ☐ 2 teaspoons chili powder

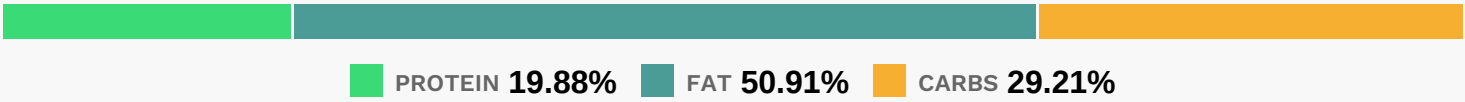
- ☐ 8 servings cilantro leaves chopped
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 4 cups meat from a rotisserie chicken cooked
- ☐ 16 ounce tortilla chips white
- ☐ 1 teaspoon cumin
- ☐ 12 ounce evaporated milk canned
- ☐ 1 tablespoon garlic minced
- ☐ 7 ounce chilies green canned
- ☐ 2 cups half and half
- ☐ 2 tablespoons pickled jalapeño
- ☐ 8 servings pickled jalapeño chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup onion
- ☐ 0.5 teaspoon onion powder
- ☐ 2 teaspoons paprika
- ☐ 8 ounce pepper jack cheese
- ☐ 8 ounce sharp cheddar cheese
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 cup kernel corn whole
- ☐ 1 cup commercial homemade
- ☐ 1 cup commercial homemade

Equipment

Directions

- ☐ Recipe: Creamy Chicken Tortilla Soup
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 10 min |Cook time: 25 min |

Nutrition Facts



Properties

Glycemic Index:66.44, Glycemic Load:18.06, Inflammation Score:-9, Nutrition Score:43.408695417902%

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 Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 1093.8kcal (54.69%), Fat: 63.04g (96.99%), Saturated Fat: 27.16g (169.76%), Carbohydrates: 81.38g (27.13%), Net Carbohydrates: 62.96g (22.89%), Sugar: 13.92g (15.47%), Cholesterol: 171.57mg (57.19%), Sodium: 1572.51mg (68.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.37g (110.74%), Phosphorus: 969mg (96.9%), Calcium: 753.46mg (75.35%), Fiber: 18.43g (73.7%), Vitamin B2: 1.08mg (63.44%), Selenium: 44.37µg (63.39%), Vitamin B3: 12.25mg (61.24%), Vitamin B6: 1.04mg (51.82%), Potassium: 1746.96mg (49.91%), Folate: 199.25µg (49.81%), Magnesium: 181.71mg (45.43%), Manganese: 0.89mg (44.43%), Zinc: 6.41mg (42.73%), Copper: 0.76mg (38.09%), Vitamin A: 1838.14IU (36.76%), Iron: 6.53mg (36.26%), Vitamin B5: 3.17mg (31.65%), Vitamin C: 25.9mg (31.39%), Vitamin B1: 0.46mg (30.44%), Vitamin K: 30.22µg (28.78%), Vitamin E: 4.24mg (28.27%), Vitamin B12: 0.96µg (16.06%), Vitamin D: 0.38µg (2.55%)