



Easy and Tasty Chicken Tortilla Soup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pepperoncini peppers diced seeded
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 14 ounce canned tomatoes diced with green chilies, undrained canned
- ☐ 25 fl. oz. meat from a rotisserie chicken white drained canned
- ☐ 3 cubes chicken bouillon
- ☐ 1 teaspoon chili powder
- ☐ 21.5 ounce cream of chicken soup canned

- ☐ 3 tablespoons cilantro leaves dried
- ☐ 4.5 teaspoons garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 15.5 ounce hominy drained canned
- ☐ 3 tablespoons juice of lime
- ☐ 1 onion chopped
- ☐ 5 dashes pepper sauce hot redhot® (such as Frank's)
- ☐ 5 servings salt and pepper to taste
- ☐ 4 cups water

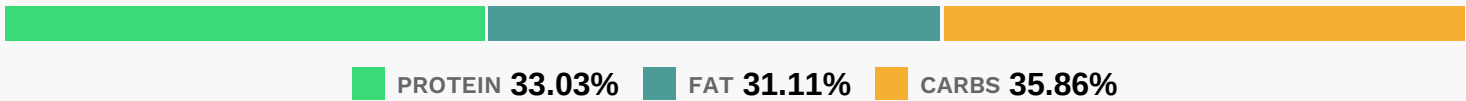
Equipment

- ☐ pot

Directions

- ☐ Bring the water to a boil in a large pot; stir the bouillon cubes into the water until dissolved.
- ☐ Add the onion, banana pepper, hominy, black beans, garbanzo beans, diced tomatoes with chiles, diced tomatoes, chicken soup, chicken, garlic powder, lime juice, hot pepper sauce, cilantro, chili powder, cumin, salt, and pepper; stir. Reduce heat to medium and cook the soup until the onions are soft and opaque, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24.07, Glycemic Load:7.42, Inflammation Score:-8, Nutrition Score:29.29956520122%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 638.78kcal (31.94%), Fat: 22.05g (33.93%), Saturated Fat: 5.79g (36.19%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 43.58g (15.85%), Sugar: 5.46g (6.07%), Cholesterol: 83.68mg (27.89%), Sodium: 2663.56mg (115.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.69g (105.38%), Manganese: 1.25mg (62.74%), Fiber: 13.63g (54.51%), Selenium: 36.27µg (51.82%), Phosphorus: 498.19mg (49.82%), Vitamin B6: 0.92mg (46.08%), Iron: 8.25mg (45.85%), Zinc: 6.37mg (42.48%), Copper: 0.69mg (34.56%), Magnesium: 126.13mg (31.53%), Potassium: 976.25mg (27.89%), Vitamin B3: 5.54mg (27.68%), Vitamin C: 22.81mg (27.65%), Vitamin K: 27.98µg (26.65%), Vitamin B12: 1.48µg (24.64%), Folate: 96.15µg (24.04%), Vitamin B2: 0.4mg (23.71%), Calcium: 165.27mg (16.53%), Vitamin B1: 0.24mg (16.32%), Vitamin A: 799.25IU (15.99%), Vitamin E: 1.95mg (13%), Vitamin B5: 0.94mg (9.41%)