



 **24%**
HEALTH SCORE

Easy Slow Cooker Chicken Tortilla Soup

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

READY IN



370 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken breast
- 1 medium onion finely chopped ()
- 2 teaspoon chili powder
- 28 ounces canned tomatoes crushed
- 24 ounces chicken broth
- 15 ounces corn kernels drained ()
- 4 ounces to 2 chilies slit diced green ()
- 15 ounces black beans drained ()

0.3 cup cilantro leaves chopped (freshly)

Equipment

bowl

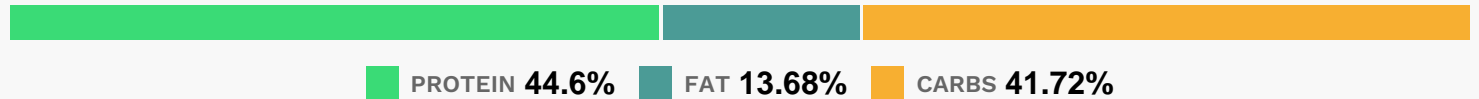
slow cooker

Directions

Add all of your ingredients into the slow cooker and then cook on low for 6 hours.

Once finished cooking, scoop into serving bowls and serve with tortilla chips, sour cream, cheese, avocado, or any of your favorite toppings.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:4.71, Inflammation Score:-7, Nutrition Score:22.964347826087%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Taste

Sweetness: 33.24%, Saltiness: 100%, Sourness: 41.02%, Bitterness: 22.32%, Savoriness: 70.13%, Fattiness: 56.57%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 282.76kcal (14.14%), Fat: 4.42g (6.79%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 21.85g (7.94%), Sugar: 8.19g (9.1%), Cholesterol: 74.28mg (24.76%), Sodium: 743.73mg (32.34%), Protein: 32.4g (64.8%), Vitamin B3: 14.11mg (70.53%), Selenium: 38.35µg (54.79%), Vitamin B6: 1.08mg (54.11%), Phosphorus: 377.89mg (37.79%), Fiber: 8.46g (33.85%), Folate: 119.37µg (29.84%), Potassium: 1016.9mg (29.05%), Manganese: 0.56mg (28.13%), Magnesium: 96.55mg (24.14%), Vitamin B5: 2.24mg (22.41%), Vitamin B1: 0.32mg (21.48%), Copper: 0.37mg (18.25%), Vitamin B2: 0.3mg (17.83%), Iron: 3.15mg (17.52%), Vitamin C: 14.2mg (17.21%), Zinc: 1.8mg (11.99%), Vitamin E: 1.74mg (11.62%), Vitamin A: 458.42IU (9.17%), Vitamin K: 7.62µg (7.26%), Calcium: 63.9mg (6.39%), Vitamin B12: 0.24µg (4.06%)