



Healthier Slow-Cooker Chicken Tortilla Soup



Gluten Free



Dairy Free



Popular

READY IN



220 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 banana peppers chopped



1 bay leaf



15 ounce canned tomatoes whole peeled mashed canned



14.3 ounce chicken broth reduced-sodium canned



1 teaspoon chili powder



1 tablespoon cilantro leaves chopped



7 corn tortillas



1 teaspoon cumin

- ☐ 10 ounce enchilada sauce canned
- ☐ 10 ounce regular corn frozen
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless cut into strips
- ☐ 2 cups water

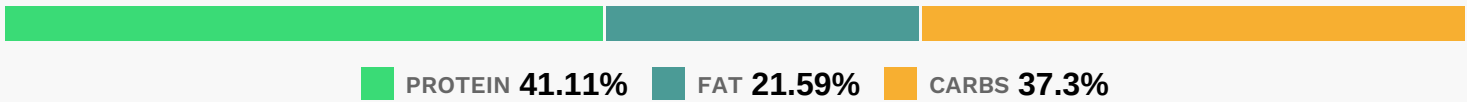
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Place chicken, tomatoes, enchilada sauce, onion, banana peppers, and garlic into slow cooker.
- ☐ Pour in water and chicken broth. Season with cumin, chili powder, salt, ground pepper, and bay leaf. Stir in corn and cilantro. Cover and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Lightly coat both sides of tortillas with cooking spray.
- ☐ Cut tortillas into strips, then spread on a baking sheet.
- ☐ Bake in preheated oven until crisp, 10 to 15 minutes.
- ☐ Sprinkle tortilla strips over soup.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:4.77, Inflammation Score:-6, Nutrition Score:14.625652289909%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 274.73kcal (13.74%), Fat: 6.68g (10.27%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 21.93g (7.98%), Sugar: 4.49g (4.99%), Cholesterol: 61.54mg (20.51%), Sodium: 1003.63mg (43.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Vitamin B3: 8.54mg (42.68%), Selenium: 29.41µg (42.02%), Vitamin B6: 0.73mg (36.72%), Phosphorus: 316.76mg (31.68%), Potassium: 573.52mg (16.39%), Fiber: 4.03g (16.11%), Magnesium: 61.91mg (15.48%), Zinc: 2.28mg (15.21%), Vitamin C: 12.24mg (14.84%), Iron: 2.39mg (13.29%), Manganese: 0.23mg (11.75%), Vitamin B2: 0.19mg (11.28%), Vitamin B12: 0.62µg (10.31%), Vitamin B5: 1.03mg (10.31%), Vitamin A: 497.45IU (9.95%), Vitamin B1: 0.13mg (8.68%), Copper: 0.16mg (7.78%), Folate: 26.36µg (6.59%), Calcium: 56.62mg (5.66%), Vitamin E: 0.82mg (5.47%), Vitamin K: 3.66µg (3.48%)