



HEALTH SCORE

77%

HERDEZ® Red Guajillo Chile Chicken Tortilla Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings additional toppings if desired: avocado diced shredded sour
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce regular corn drained canned
- ☐ 15 ounce canned tomatoes diced undrained canned
- ☐ 1 cube chicken bouillon
- ☐ 6 6-inch corn tortillas cut into strips ()
- ☐ 12 ounce herdez® guajillo chile mexican cooking sauce red to taste

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 1 pound chicken breasts boneless skinless cut into 1-inch cubes
- ☐ 1 cup tomato-vegetable juice cocktail
- ☐ 1.5 cups water

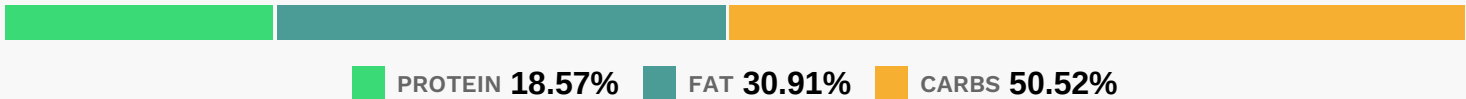
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ stove

Directions

- ☐ Heat olive oil in a non-stick skillet over medium heat.
- ☐ Add onions; cook and stir until onions begin to soften, about 5 minutes. Stir in chicken and continue cooking and stirring, about 5 more minutes.
- ☐ Place a large soup pot on the stove and add chicken and onion mixture, chile cooking sauce, water, corn, black beans, diced tomatoes, chicken bouillon, and V-8 juice. Bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer for 15 to 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Ten minutes before soup is ready, lay tortilla strips on a baking sheet and bake in pre-heated oven for 10 minutes, or until nice and crispy.
- ☐ Ladle soup into bowls, add additional toppings if desired, and add a few tortilla strips.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:8.25, Inflammation Score:-10, Nutrition Score:47.396521630494%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 664.37kcal (33.22%), Fat: 24.49g (37.68%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 90.08g (30.03%), Net Carbohydrates: 58.61g (21.31%), Sugar: 29.86g (33.18%), Cholesterol: 48.38mg (16.13%), Sodium: 648.01mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.11g (66.23%), Vitamin A: 15525.64IU (310.51%), Fiber: 31.46g (125.85%), Vitamin B3: 17.09mg (85.46%), Vitamin K: 88.7µg (84.47%), Vitamin B6: 1.56mg (78.08%), Potassium: 2513.22mg (71.81%), Vitamin B2: 1.06mg (62.24%), Vitamin C: 47.73mg (57.86%), Manganese: 1.1mg (55.04%), Phosphorus: 525.86mg (52.59%), Folate: 200.41µg (50.1%), Magnesium: 171.76mg (42.94%), Selenium: 29.76µg (42.52%), Iron: 7.24mg (40.23%), Vitamin E: 5.42mg (36.16%), Copper: 0.71mg (35.6%), Vitamin B5: 3.5mg (34.98%), Vitamin B1: 0.38mg (25.34%), Zinc: 2.88mg (19.21%), Calcium: 124.67mg (12.47%), Vitamin B12: 0.15µg (2.52%)