

# Mexican Soup with Tortilla Chips

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**25**

CALORIES



**62 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 28 oz beef broth canned
- 7 oz regular corn undrained canned
- 1 cup four cheese shredded mexican style kraft finely
- 1 lb ground beef lean
- 16 oz taco bellâ® & chunky salsa thick
- 1 oz tortilla chips crushed

## Equipment

- sauce pan

## Directions

- Brown meat in large saucepan; drain.
- Add broth, salsa and corn; stir. Bring to boil; simmer on low heat 5 min. or until heated through.
- Serve topped with crushed chips and cheese.

## Nutrition Facts



**PROTEIN 37.56%** **FAT 42.1%** **CARBS 20.34%**

## Properties

Glycemic Index:1.08, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.3534782658453%

## Nutrients (% of daily need)

Calories: 62.01kcal (3.1%), Fat: 2.9g (4.46%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.76g (1%), Sugar: 0.71g (0.79%), Cholesterol: 15.77mg (5.26%), Sodium: 295.33mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Vitamin B12: 0.48µg (7.94%), Zinc: 1.16mg (7.76%), Vitamin B3: 1.52mg (7.61%), Phosphorus: 72.37mg (7.24%), Selenium: 4.87µg (6.96%), Vitamin B6: 0.11mg (5.57%), Calcium: 41.94mg (4.19%), Potassium: 141.49mg (4.04%), Vitamin B2: 0.06mg (3.74%), Iron: 0.6mg (3.36%), Vitamin A: 132.41IU (2.65%), Magnesium: 10.39mg (2.6%), Vitamin E: 0.35mg (2.31%), Vitamin B5: 0.19mg (1.92%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.54%), Manganese: 0.03mg (1.52%), Folate: 5.66µg (1.41%), Vitamin B1: 0.02mg (1.23%), Vitamin K: 1.16µg (1.11%)