



Mexican Tortilla Soup

 Gluten Free

READY IN



26 min.

SERVINGS



6

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup baked tortilla chips crushed (such as Tostitos)
- ☐ 1 cup bell pepper green (find at the salad bar)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.8 teaspoon chili powder
- ☐ 28 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic clove minced
- ☐ 0.8 teaspoon ground cumin

- ☐ 6 lime wedges ()
- ☐ 2 teaspoons olive oil divided
- ☐ 1 cup onion (find at the salad bar)
- ☐ 0.5 cup cheddar cheese reduced-fat
- ☐ 12 ounces chicken breast diced boneless skinless trimmed

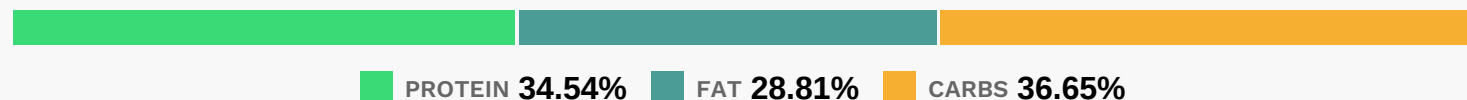
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat 1 teaspoon oil in a nonstick Dutch oven over medium-high heat.
- ☐ Add the chicken, and cook, stirring often, 3-4 minutes or until browned.
- ☐ Remove to plate, and cover.
- ☐ In the same pan, heat remaining 1 teaspoon oil on medium-high.
- ☐ Add onion, bell pepper, and garlic. Cook, stirring often, 5 minutes or until softened. Stir in cumin, chili powder, broth, and tomatoes. Bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Return the chicken and juices to the pan and simmer 3 minutes or until heated through. Stir in cilantro.
- ☐ Ladle soup into serving bowls; top with crushed tortilla chips and cheese.
- ☐ Serve hot, with a lime wedge on the side.
- ☐ Andrea's wine pick: You can't go wrong with a tangy, herbaceous New Zealand Sauvignon Blanc to match the lively cilantro and lime flavors in the soup. Look for Drylands Sauvignon Blanc, Marlborough 2006 (\$15).

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.52, Inflammation Score:-6, Nutrition Score:15.252608752769%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 200.45kcal (10.02%), Fat: 6.63g (10.2%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 15.64g (5.69%), Sugar: 5.46g (6.07%), Cholesterol: 45.15mg (15.05%), Sodium: 801.32mg (34.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.77%), Vitamin C: 34.6mg (41.94%), Vitamin B3: 7.78mg (38.9%), Selenium: 24.72µg (35.31%), Vitamin B6: 0.68mg (33.91%), Phosphorus: 246.03mg (24.6%), Potassium: 600.96mg (17.17%), Fiber: 3.34g (13.35%), Vitamin B5: 1.29mg (12.87%), Calcium: 127.39mg (12.74%), Magnesium: 49.27mg (12.32%), Manganese: 0.24mg (12.07%), Vitamin B2: 0.2mg (11.74%), Copper: 0.23mg (11.27%), Iron: 1.98mg (11.02%), Vitamin B1: 0.16mg (10.38%), Vitamin E: 1.52mg (10.11%), Vitamin A: 474.53IU (9.49%), Vitamin K: 9.89µg (9.42%), Vitamin B12: 0.49µg (8.21%), Zinc: 1.06mg (7.08%), Folate: 24.9µg (6.22%)