



Quick El Paso Tomato Soup



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chunky chili tomato sauce undrained canned
- ☐ 0.8 cup chicken breast cooked chopped
- ☐ 1 cup whole-kernel corn frozen
- ☐ 0.1 teaspoon hot sauce
- ☐ 16 ounce no-salt-added chicken broth canned
- ☐ 0.1 teaspoon salt

Equipment

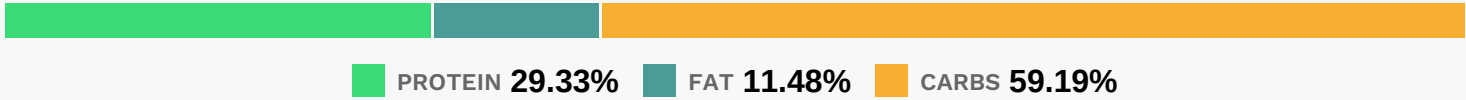
- ☐ sauce pan

Directions

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Combine all ingredients in a medium saucepan; bring to a boil. Reduce heat and simmer, uncovered, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.411304242585%

Nutrients (% of daily need)

Calories: 186.75kcal (9.34%), Fat: 2.44g (3.75%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 24.9g (9.06%), Sugar: 16.11g (17.9%), Cholesterol: 22.31mg (7.44%), Sodium: 1638.03mg (71.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.02%), Vitamin B3: 7.26mg (36.32%), Vitamin C: 17.76mg (21.53%), Vitamin B6: 0.35mg (17.72%), Potassium: 612.39mg (17.5%), Phosphorus: 168.02mg (16.8%), Vitamin A: 747.08IU (14.94%), Vitamin E: 2.15mg (14.33%), Fiber: 3.37g (13.49%), Selenium: 8.66µg (12.37%), Copper: 0.22mg (11.13%), Vitamin B2: 0.17mg (10.29%), Vitamin B1: 0.13mg (8.62%), Iron: 1.47mg (8.19%), Magnesium: 26.84mg (6.71%), Folate: 25.8µg (6.45%), Vitamin K: 5.61µg (5.34%), Zinc: 0.68mg (4.52%), Vitamin B5: 0.4mg (3.99%), Vitamin B12: 0.2µg (3.38%), Calcium: 31.02mg (3.1%), Manganese: 0.05mg (2.57%)