



## Roasted Tomato Tortilla Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon wesson canola oil pure
- 0.5 cup celery chopped
- 1.5 cups chicken breast shredded cooked
- 1 cup kernel corn whole frozen
- 3 tablespoons cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 2 teaspoons jalapeno minced
- 3.5 cups chicken broth reduced-sodium

- 0.5 cup queso fresco cheese diced
- 1 cup onion red chopped
- 0.8 cup cup heavy whipping cream sour
- 14.5 oz hunt's tomatoes diced fire roasted drained canned
- 2 ounces tortilla chips white (2 oz = 15 chips)

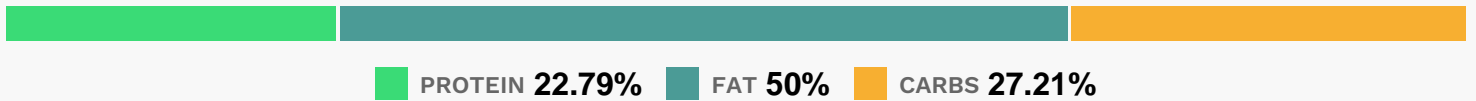
## Equipment

- bowl
- sauce pan

## Directions

- Hands On: 15 minutes Total: 40 minutes
- Heat medium saucepan over medium-high heat; add oil, corn, onion, celery and jalapeno. Cook and stir 3 to 5 minutes or until vegetables are tender.
- Add garlic; cook 1 minute or until aromatic.
- Add broth, drained tomatoes and chicken. Cook, uncovered, over medium heat 10 to 12 minutes or until hot and flavors have blended. Divide cheese equally between each soup bowl.
- Add 1 cup soup to each. Top with equal amounts of sour cream, tortilla chips and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:9.3239131025646%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

## Nutrients (% of daily need)

Calories: 281.65kcal (14.08%), Fat: 15.85g (24.38%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 17.7g (6.44%), Sugar: 4.38g (4.87%), Cholesterol: 50.23mg (16.74%), Sodium: 338.24mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Vitamin B3: 5.04mg (25.19%), Phosphorus: 213.33mg (21.33%), Selenium: 12.42µg (17.74%), Calcium: 139.61mg (13.96%), Vitamin B6: 0.26mg (12.79%), Vitamin A: 619.64IU (12.39%), Vitamin B2: 0.18mg (10.82%), Potassium: 365.13mg (10.43%), Zinc: 1.3mg (8.68%), Vitamin C: 6.6mg (8%), Iron: 1.42mg (7.92%), Vitamin B12: 0.47µg (7.84%), Vitamin K: 7.7µg (7.33%), Magnesium: 28.96mg (7.24%), Fiber: 1.71g (6.82%), Copper: 0.13mg (6.71%), Vitamin E: 0.98mg (6.55%), Vitamin B5: 0.65mg (6.53%), Folate: 21.28µg (5.32%), Manganese: 0.09mg (4.62%), Vitamin B1: 0.07mg (4.41%), Vitamin D: 0.27µg (1.83%)