



# Scottie's Chicken Tortilla Soup

 **Gluten Free**

READY IN



**140 min.**

SERVINGS



**8**

CALORIES



**595 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cube beef bouillon from cube
- 0.8 cup broccoli chopped
- 2 tablespoons cajun spice
- 14 ounce black beans drained canned
- 28 ounce canned tomatoes crushed canned ()
- 1 tablespoon ground pepper
- 49.5 fluid ounce chicken broth canned
- 8 1-inch corn tortillas cut into strips

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- 1 tablespoon garlic salt
- 2 tablespoons juice of lime
- 2 tablespoons olive oil
- 1 tablespoon onion powder
- 2 chicken breast boneless skinless cut into 1/2 inch cubes
- 1 tablespoon tequila
- 1 cup cheddar cheese shredded white
- 14 ounce corn whole drained canned

## Equipment

- bowl
- frying pan
- paper towels
- ladle
- pot

## Directions

- Combine the chicken broth, corn, black beans, beef bouillon, broccoli, and tomatoes in a large pot over medium heat.
- While the broth mixture simmers, heat 2 tablespoons olive oil in a skillet. Fry the tortilla strips in the hot oil until crisp.
- Remove from skillet and drain on paper towels.
- Pour 2 tablespoons olive oil into the skillet. Once the oil is hot, add the chicken; cook and stir until cooked through, about 5 minutes. Stir in the lime juice, tequila, onion powder, garlic salt, cayenne pepper, and Cajun seasoning; cook another 2 minutes.
- Transfer the chicken mixture to the pot with the broth mixture. Cook on medium 45 minutes; reduce heat to low and simmer another 45 minutes; ladle into bowls and top with tortilla strips and cheese to serve.

## Nutrition Facts

PROTEIN 42.25% FAT 38.93% CARBS 18.82%

## Properties

Glycemic Index:32.5, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:27.398261018421%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 595.24kcal (29.76%), Fat: 25.42g (39.11%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 21.07g (7.66%), Sugar: 4.94g (5.49%), Cholesterol: 123.69mg (41.23%), Sodium: 2289.1mg (99.53%), Alcohol: 0.63g (100%), Alcohol %: 0.18% (100%), Protein: 62.06g (124.12%), Selenium: 48.57µg (69.39%), Phosphorus: 532.16mg (53.22%), Vitamin B3: 9.58mg (47.89%), Vitamin B6: 0.82mg (41.22%), Zinc: 6.12mg (40.83%), Vitamin A: 1864.49IU (37.29%), Vitamin B12: 2.04µg (33.94%), Iron: 5.42mg (30.09%), Potassium: 992.22mg (28.35%), Fiber: 6.58g (26.31%), Vitamin B2: 0.43mg (25.4%), Vitamin C: 20.83mg (25.25%), Magnesium: 97.15mg (24.29%), Vitamin E: 3.27mg (21.77%), Vitamin K: 22.35µg (21.29%), Copper: 0.43mg (21.26%), Manganese: 0.41mg (20.47%), Calcium: 193.9mg (19.39%), Folate: 73.07µg (18.27%), Vitamin B1: 0.19mg (12.94%), Vitamin B5: 0.93mg (9.33%), Vitamin D: 0.3µg (1.97%)