



## Six-Can Chicken Tortilla Soup

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce black beans canned
- 10 ounce meat from a rotisserie chicken chunk canned
- 10 ounce canned tomatoes diced with green chile peppers, drained canned
- 29 ounce chicken broth canned
- 15 ounce kernel corn whole drained canned

### Equipment

- sauce pan
- pot

## Directions

- Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies.
- Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:16.419999889705%

## Nutrients (% of daily need)

Calories: 470.6kcal (23.53%), Fat: 16.15g (24.84%), Saturated Fat: 4.35g (27.22%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 19.32g (7.03%), Sugar: 1.57g (1.75%), Cholesterol: 92.14mg (30.71%), Sodium: 1433.21mg (62.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.44g (104.88%), Selenium: 34.83µg (49.75%), Phosphorus: 387.54mg (38.75%), Zinc: 5.19mg (34.59%), Vitamin B12: 1.84µg (30.71%), Vitamin B3: 5.41mg (27.07%), Fiber: 6.45g (25.8%), Iron: 3.9mg (21.66%), Vitamin B6: 0.39mg (19.45%), Magnesium: 67.61mg (16.9%), Folate: 67.47µg (16.87%), Potassium: 582.44mg (16.64%), Vitamin B2: 0.28mg (16.47%), Copper: 0.25mg (12.51%), Vitamin C: 8.79mg (10.65%), Manganese: 0.2mg (10.24%), Vitamin B1: 0.11mg (7.32%), Vitamin A: 329IU (6.58%), Calcium: 52.02mg (5.2%), Vitamin K: 4.24µg (4.04%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.13mg (1.3%), Vitamin D: 0.18µg (1.23%)