



Slow-Cooker Chicken Tortilla Soup

 Gluten Free

READY IN



270 min.

SERVINGS



30

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz canned tomatoes diced green undrained canned
- 2 slices carrots thin
- 0.8 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 tsp chili powder
- 29 oz chicken broth fat-free reduced-sodium canned
- 1 tsp ground cumin
- 1 onion chopped
- 1 lb chicken thighs boneless skinless

4 cups tortilla chips

Equipment

bowl

ladle

slotted spoon

slow cooker

Directions

Place chicken in slow cooker.

Add tomatoes, carrots, onions, chili powder, cumin and broth; cover with lid. Cook on LOW 4 to 5 hours (or on HIGH 2 to 3 hours).

Use slotted spoon to remove chicken from slow cooker; cool slightly. Coarsely chop chicken; return to slow cooker. Stir.

Crush chips coarsely; place in 8 soup bowls. Ladle soup into bowls; top with cheese.

Nutrition Facts

 **PROTEIN 17.9%**  **FAT 39.04%**  **CARBS 43.06%**

Properties

Glycemic Index:3.53, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:5.0252174028884%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 109.9kcal (5.49%), Fat: 4.87g (7.49%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 10.83g (3.94%), Sugar: 0.94g (1.05%), Cholesterol: 17.19mg (5.73%), Sodium: 215.17mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin A: 1429.81IU (28.6%), Phosphorus: 85.04mg (8.5%), Selenium: 5.55µg (7.93%), Vitamin B3: 1.29mg (6.46%), Vitamin B6: 0.13mg (6.44%), Magnesium: 20.15mg (5.04%), Fiber: 1.25g (5%), Vitamin E: 0.74mg (4.97%), Vitamin K: 5.17µg (4.93%), Calcium: 46.06mg

(4.61%), Vitamin B5: 0.45mg (4.46%), Zinc: 0.6mg (3.98%), Vitamin B2: 0.07mg (3.98%), Potassium: 127.44mg (3.64%), Vitamin B1: 0.05mg (3.32%), Iron: 0.58mg (3.22%), Vitamin B12: 0.18µg (3.03%), Copper: 0.04mg (2.13%), Vitamin C: 1.64mg (1.98%), Manganese: 0.03mg (1.66%), Folate: 6.34µg (1.59%)