



## Slow-Cooker Chicken Tortilla Soup

 Gluten Free

READY IN



285 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 32 oz chicken broth
- ☐ 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 11 oz corn kernels whole green red drained canned
- ☐ 10 oz enchilada sauce red canned
- ☐ 1 cup onion chopped
- ☐ 4 oz chilis green chopped canned
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon chili powder

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb chicken breast boneless skinless
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 cups tortilla chips crushed
- ☐ 0.5 cup cream sour

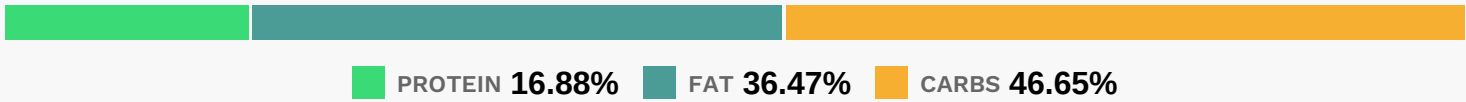
## Equipment

- ☐ frying pan
- ☐ slow cooker

## Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Add broth, tomatoes, corn, enchilada sauce, onions, green chiles, cumin and chili powder to slow cooker; stir to combine. In 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add chicken to skillet; sprinkle with pepper. Cook 4 to 6 minutes, turning once, until browned on both sides.
- ☐ Place chicken in slow cooker.
- ☐ Cover; cook on Low heat setting 3 1/2 to 4 1/2 hours or until chicken is cooked through (at least 165°F in center).
- ☐ Remove chicken from slow cooker to plate; shred using 2 forks. Return chicken to slow cooker. Stir in cilantro. Top each serving with crushed tortilla chips and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:12, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:15.028260909993%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 451.6kcal (22.58%), Fat: 18.73g (28.82%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 53.92g (17.97%), Net Carbohydrates: 48.28g (17.56%), Sugar: 7.59g (8.43%), Cholesterol: 47.04mg (15.68%), Sodium: 1207.89mg (52.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.51g (39.02%), Vitamin B3: 7.21mg (36.06%), Selenium: 22.11µg (31.59%), Vitamin B6: 0.6mg (29.86%), Phosphorus: 291.87mg (29.19%), Fiber: 5.64g (22.55%), Magnesium: 75.01mg (18.75%), Vitamin K: 19.14µg (18.22%), Vitamin B5: 1.73mg (17.32%), Vitamin E: 2.55mg (16.97%), Vitamin A: 733.72IU (14.67%), Vitamin B2: 0.24mg (13.96%), Potassium: 465.7mg (13.31%), Iron: 2.24mg (12.44%), Vitamin C: 9.69mg (11.74%), Vitamin B1: 0.17mg (11.43%), Calcium: 113.5mg (11.35%), Zinc: 1.45mg (9.67%), Folate: 36.64µg (9.16%), Manganese: 0.17mg (8.26%), Copper: 0.12mg (6%), Vitamin B12: 0.17µg (2.77%)