



Slow Cooker Chicken Tortilla Soup



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



0.3 teaspoon pepper black



4 ounce chile peppers green chopped canned



15 ounce canned tomatoes whole peeled mashed canned



14.5 ounce chicken broth canned



1 teaspoon chili powder



1 tablespoon cilantro leaves chopped



7 corn tortillas

- ☐ 1 teaspoon cumin
- ☐ 10 ounce enchilada sauce canned
- ☐ 10 ounce regular corn frozen
- ☐ 2 cloves garlic minced
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 pound meat from a rotisserie chicken shredded cooked
- ☐ 8 servings vegetable oil
- ☐ 2 cups water

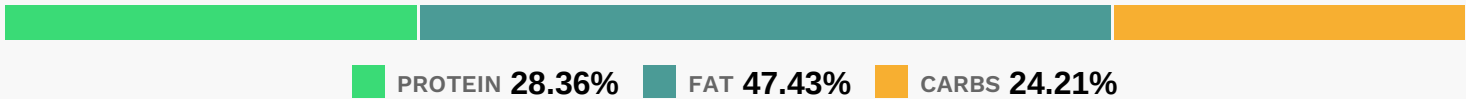
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker.
- ☐ Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Lightly brush both sides of tortillas with oil.
- ☐ Cut tortillas into strips, then spread on a baking sheet.
- ☐ Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:4.77, Inflammation Score:-6, Nutrition Score:15.501739122297%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 432.49kcal (21.62%), Fat: 23.07g (35.49%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 22.3g (8.11%), Sugar: 4.44g (4.94%), Cholesterol: 68.22mg (22.74%), Sodium: 1040.6mg (45.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.07%), Selenium: 25.41µg (36.3%), Vitamin B3: 7.17mg (35.85%), Phosphorus: 308.67mg (30.87%), Vitamin K: 29.07µg (27.69%), Vitamin B6: 0.55mg (27.6%), Zinc: 2.84mg (18.95%), Vitamin C: 14.34mg (17.39%), Iron: 3.06mg (17%), Fiber: 4.18g (16.73%), Magnesium: 59.39mg (14.85%), Potassium: 504.55mg (14.42%), Vitamin B2: 0.22mg (13.07%), Vitamin E: 1.84mg (12.29%), Manganese: 0.23mg (11.68%), Vitamin B12: 0.68µg (11.3%), Vitamin A: 514.62IU (10.29%), Vitamin B1: 0.13mg (8.57%), Copper: 0.17mg (8.54%), Folate: 33.88µg (8.47%), Vitamin B5: 0.78mg (7.79%), Calcium: 65.47mg (6.55%)