



Slow-Cooker Chicken Verde Tortilla Soup

 **Gluten Free**  **Dairy Free**

READY IN



310 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken thighs boneless skinless
- 0.5 cup onion chopped
- 3 6-inch corn tortillas cut into 1-inch pieces ()
- 1.5 cups corn whole frozen thawed
- 15 oz garbanzo beans rinsed drained canned
- 4 oz chilis green chopped canned
- 0.8 cup salsa verde
- 3.5 cups chicken broth

- 1 teaspoon oregano dried
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper red (cayenne)
- 2 tomatoes seeded chopped
- 1 leaves cilantro leaves fresh chopped

Equipment

- slow cooker

Directions

- In 3- to 4-quart slow cooker, mix all ingredients except tomatoes and cilantro.
- Cover; cook on Low heat setting 5 to 7 hours or until juice of chicken is clear when center of thickest part is cut (180°F). Stir to break up chicken thighs. Stir in tomatoes before serving.
- Garnish with cilantro.

Nutrition Facts

PROTEIN 36.7% **FAT 23.78%** **CARBS 39.52%**

Properties

Glycemic Index:38.31, Glycemic Load:5.83, Inflammation Score:-8, Nutrition Score:17.434347816136%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 271.8kcal (13.59%), Fat: 7.17g (11.02%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 21.59g (7.85%), Sugar: 4.15g (4.61%), Cholesterol: 92.52mg (30.84%), Sodium: 1138.19mg (49.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Vitamin B6: 0.87mg (43.25%), Manganese: 0.82mg (40.85%), Selenium: 24.29µg (34.7%), Vitamin B3: 6.58mg (32.91%), Phosphorus: 313.6mg (31.36%), Fiber: 5.2g (20.82%), Vitamin C: 15.05mg (18.25%), Potassium: 635.66mg (18.16%), Vitamin B2: 0.29mg (17.33%), Zinc: 2.44mg (16.24%), Magnesium: 64.74mg (16.19%), Iron: 2.72mg (15.09%), Vitamin B5: 1.45mg (14.45%), Vitamin A:

668.99IU (13.38%), Folate: 53.02µg (13.25%), Copper: 0.25mg (12.45%), Vitamin B1: 0.18mg (12.06%), Vitamin B12: 0.63µg (10.54%), Vitamin K: 8.77µg (8.36%), Calcium: 72.83mg (7.28%), Vitamin E: 0.61mg (4.07%)