



## 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

- 15 oz garbanzo beans rinsed drained canned
- 3.5 cups chicken broth
- 4.5 oz chilis green chopped canned
- 1.5 cups corn whole frozen thawed
- 3 6-inch corn tortillas cut into 1-inch pieces ()
- 1 leaves cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper red (cayenne)

- 0.5 cup onion chopped
- 1 teaspoon oregano dried
- 0.8 cup salsa verde
- 1.3 lb chicken thighs boneless skinless
- 2 tomatoes seeded 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 (180F). Stir to break up chicken thighs. Stir in tomatoes before serving.
- Garnish with cilantro.

## Nutrition Facts

**PROTEIN 36.65%** **FAT 23.75%** **CARBS 39.6%**

## Properties

Glycemic Index:38.31, Glycemic Load:5.83, Inflammation Score:-8, Nutrition Score:17.530869297359%

## 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: 272.29kcal (13.61%), Fat: 7.17g (11.03%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 21.66g (7.88%), Sugar: 4.15g (4.61%), Cholesterol: 92.52mg (30.84%), Sodium: 1147.57mg (49.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.79%), Vitamin B6: 0.87mg (43.39%), Manganese: 0.82mg (40.85%), Selenium: 24.29µg (34.71%), Vitamin B3: 6.6mg (32.98%), Phosphorus: 313.86mg (31.39%), Fiber: 5.24g (20.98%), Vitamin C: 15.86mg (19.23%), Potassium: 638.33mg (18.24%), Vitamin B2: 0.3mg (17.37%), Zinc: 2.44mg (16.25%), Magnesium: 64.84mg (16.21%), Iron: 2.75mg (15.26%), Vitamin B5: 1.45mg (14.47%), Folate:

54.29µg (13.57%), Vitamin A: 671.96IU (13.44%), Copper: 0.25mg (12.45%), Vitamin B1: 0.18mg (12.08%), Vitamin B12: 0.63µg (10.54%), Vitamin K: 8.77µg (8.36%), Calcium: 73.68mg (7.37%), Vitamin E: 0.61mg (4.07%)