



WHATSheATE



Slow-Cooker Southwest Chicken Soup with Baked Tortilla Strips



Gluten Free



Dairy Free

READY IN



465 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 2 medium sweet potatoes and into peeled cut into 1-inch pieces (2 cups)
- ☐ 1 cup onion chopped
- ☐ 29 oz canned tomatoes diced with green chilies, undrained canned
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 cup corn frozen
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 8 6-inch corn tortillas blue yellow (5 or)

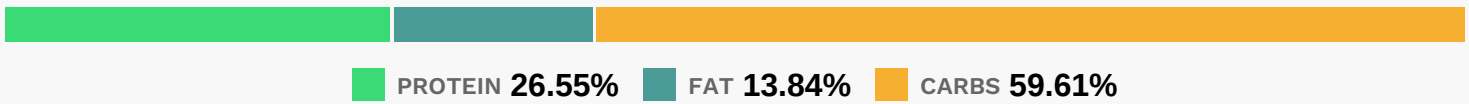
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Mix chicken, sweet potatoes, onion, tomatoes, broth, oregano and cumin in cooker. Cover; cook on Low heat setting 7 to 8 hours.
- ☐ Stir in corn and bell pepper. Increase heat setting to High; cover and cook about 30 minutes or until chicken is no longer pink in center and vegetables are tender.
- ☐ Meanwhile, heat oven to 450°F. Spray 2 cookie sheets with cooking spray.
- ☐ Cut each tortilla into strips; place in single layer on cookie sheets.
- ☐ Bake about 6 minutes or until crisp but not brown; cool.
- ☐ Spoon soup into individual bowls. Top with tortilla strips.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:14.78, Inflammation Score:-10, Nutrition Score:23.646087148915%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 299.37kcal (14.97%), Fat: 4.77g (7.34%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 38.83g (14.12%), Sugar: 8.46g (9.4%), Cholesterol: 73.19mg (24.4%), Sodium: 395.55mg (17.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.18%), Vitamin A: 10932.42IU (218.65%), Vitamin B6: 0.84mg (41.77%), Phosphorus: 349.94mg (34.99%), Vitamin C: 28.54mg (34.6%), Vitamin B3: 6.86mg (34.32%), Fiber: 7.41g (29.65%), Selenium: 20.44µg (29.2%), Manganese: 0.57mg (28.61%), Potassium: 922.9mg (26.37%), Magnesium: 91.19mg (22.8%), Vitamin B2: 0.36mg (20.91%), Vitamin B1: 0.28mg (18.99%), Iron: 3.39mg (18.83%), Vitamin B5: 1.85mg (18.45%), Copper: 0.35mg (17.54%), Zinc: 2.34mg (15.6%), Calcium: 118.14mg (11.81%), Folate: 42.2µg (10.55%), Vitamin K: 11.04µg (10.52%), Vitamin E: 1.51mg (10.06%), Vitamin B12: 0.5µg (8.29%)