



## Slow Cooker Tortilla Soup

 Gluten Free

READY IN



190 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce canned tomatoes diced with green chiles canned
- 1.5 cups chicken broth
- 0.5 teaspoon chili powder
- 1.5 cups black beans cooked
- 3 tablespoons cilantro leaves fresh finely chopped
- 3 garlic cloves finely minced
- 0.5 teaspoon ground cumin
- 1 jalapeño finely chopped

- 0.5 juice of lemon
- 0.5 cup monterrey jack cheese shredded
- 3 chicken thighs skinless
- 20 tortilla chips
- 1.5 cups water
- 1 onion yellow finely chopped

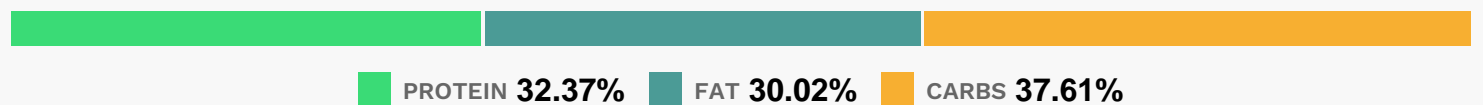
## Equipment

- bowl
- pot
- slow cooker
- tongs

## Directions

- Place the chicken, tomatoes (and juices), beans, broth, water, onion, garlic, jalapeno, cumin, and chili powder in a slow cooker. Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours.
- Uncover the slow cooker and use tongs to remove the chicken from the pot. Once cool enough to handle, remove the meat from the bones and shred, then return the meat to the pot. Stir in the lemon juice. Crumble a few tortilla chips into each bowl and cover with some soup.
- Serve sprinkled with cilantro and grated cheese.
- Per serving: Calories: 275; Total Fat: 8 grams; Saturated Fat: 4 grams; Protein: 22 grams; Total carbohydrates: 29 grams; Sugar: 7 grams; Fiber: 6 grams; Cholesterol: 56 milligrams; Sodium: 364 milligrams

## Nutrition Facts



## Properties

Glycemic Index:45.75, Glycemic Load:3.75, Inflammation Score:-7, Nutrition Score:19.538260939329%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

## Nutrients (% of daily need)

Calories: 344.72kcal (17.24%), Fat: 11.65g (17.92%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 24.95g (9.07%), Sugar: 3.71g (4.12%), Cholesterol: 94.85mg (31.62%), Sodium: 554.77mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.51%), Phosphorus: 377.01mg (37.7%), Selenium: 23.6µg (33.71%), Fiber: 7.88g (31.5%), Vitamin B6: 0.62mg (31.12%), Vitamin B3: 6.04mg (30.18%), Folate: 116.78µg (29.19%), Manganese: 0.49mg (24.37%), Magnesium: 96.05mg (24.01%), Vitamin B1: 0.33mg (21.93%), Vitamin B2: 0.36mg (21.25%), Potassium: 697.08mg (19.92%), Zinc: 2.91mg (19.43%), Iron: 3.43mg (19.08%), Calcium: 188.87mg (18.89%), Vitamin C: 15.03mg (18.22%), Vitamin B5: 1.54mg (15.39%), Copper: 0.3mg (15.13%), Vitamin B12: 0.68µg (11.29%), Vitamin E: 1.49mg (9.9%), Vitamin K: 10µg (9.53%), Vitamin A: 354.22IU (7.08%)