



Smoked Turkey And Tortilla Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 29 ounce tomatoes diced with garlic and onion, undrained canned
- ☐ 1 cup whole-kernel corn frozen
- ☐ 6 6-inch corn tortillas cut into 1/4- inch strips ()
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 cups chicken broth fat-free reduced-sodium
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 1 bell pepper diced green
- ☐ 4 ounce chiles whole green drained sliced canned
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.8 pound turkey breast smoked chopped

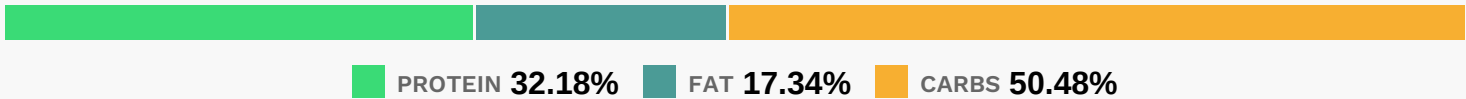
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Spread tortilla strips on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 20 minutes or until golden, stirring after 10 minutes. Set aside.
- ☐ Heat oil in a Dutch oven over mediumhigh heat.
- ☐ Add onion and garlic; cook, stirring constantly, 2 minutes.
- ☐ Add tomatoes and next 6 ingredients; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Add turkey, corn, and chiles to pan; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Ladle soup into individual bowls, and top with tortilla strips and cilantro.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:5.81, Inflammation Score:-8, Nutrition Score:17.622173801712%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 199.25kcal (9.96%), Fat: 4.1g (6.31%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 21.73g (7.9%), Sugar: 6.64g (7.38%), Cholesterol: 30.62mg (10.21%), Sodium: 1079.69mg (46.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Vitamin C: 38.46mg (46.62%), Vitamin B3: 8.45mg (42.26%), Vitamin B6: 0.81mg (40.56%), Phosphorus: 292.11mg (29.21%), Selenium: 18.59µg (26.55%), Fiber: 5.14g (20.56%), Manganese: 0.4mg (19.95%), Iron: 3.38mg (18.79%), Potassium: 655.68mg (18.73%), Magnesium: 63.67mg (15.92%), Vitamin B2: 0.26mg (15.26%), Vitamin K: 14.91µg (14.2%), Copper: 0.24mg (12.24%), Folate: 47.67µg (11.92%), Calcium: 114.39mg (11.44%), Vitamin B12: 0.66µg (11%), Vitamin B1: 0.16mg (10.7%), Zinc: 1.55mg (10.36%), Vitamin E: 1.54mg (10.3%), Vitamin B5: 1mg (10.01%), Vitamin A: 417.29IU (8.35%)