



## Southwestern Chicken Tortilla Soup

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounces tomatoes diced undrained canned
- 0.3 teaspoon ground pepper
- 32 ounces chicken broth reduced-sodium canned (14-)
- 1 teaspoon chili powder
- 0.3 cup cilantro leaves fresh minced
- 3 cups corn frozen thawed
- 1 garlic clove minced
- 4 ounces to 2 chilies slit green chopped canned

- 1 teaspoon ground cumin
- 4 ounces reduced fat mexican blend cheese shredded reduced-fat
- 1 large onion chopped
- 0.5 teaspoon oregano dried
- 1 pound chicken breast boneless skinless cut into 1/2-inch cubes
- 8 servings tortilla chips

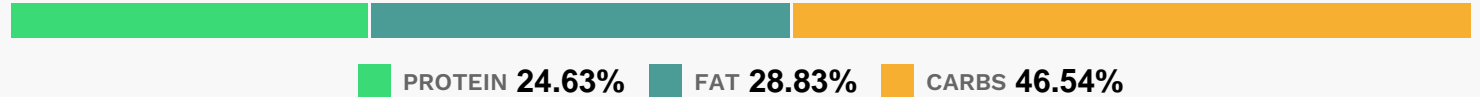
## Equipment

- sauce pan

## Directions

- In a large saucepan, combine the first 12 ingredients. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
- Add corn; cook 10 minutes longer. Top each serving with tortilla chips; sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:16.38, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:15.966956667278%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

## Nutrients (% of daily need)

Calories: 326.86kcal (16.34%), Fat: 10.93g (16.82%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 34.96g (12.71%), Sugar: 3.28g (3.64%), Cholesterol: 47.34mg (15.78%), Sodium: 815.24mg (35.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.02%), Vitamin B3: 7.88mg (39.41%), Vitamin B6: 0.69mg (34.49%), Phosphorus: 341.2mg (34.12%), Selenium: 22.8µg (32.57%), Calcium: 228.59mg (22.86%), Fiber: 4.74g (18.95%), Magnesium: 73.48mg (18.37%), Potassium: 614.05mg (17.54%), Vitamin B2: 0.28mg (16.38%),

Vitamin C: 13.21mg (16.01%), Vitamin B5: 1.42mg (14.22%), Vitamin B1: 0.2mg (13.47%), Zinc: 1.97mg (13.16%),  
Manganese: 0.25mg (12.5%), Vitamin E: 1.67mg (11.13%), Iron: 1.95mg (10.85%), Folate: 41.63µg (10.41%), Vitamin K:  
10.88µg (10.37%), Copper: 0.14mg (7.19%), Vitamin A: 314.53IU (6.29%), Vitamin B12: 0.37µg (6.19%)