




 **39%**
HEALTH SCORE

The Best Chicken Tortilla Soup


 **Gluten Free**  **Popular**

READY IN




375 min.

SERVINGS



6

CALORIES



913 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 avocado chopped
- 15 ounce tomato sauce canned
- 15 ounce canned tomatoes diced canned
- 46 ounce chicken broth canned
- 1 tablespoon chili powder
- 2 pepper flakes diced
- 0.5 teaspoon chipotle sauce
- 0.3 cup cilantro leaves

- 2 tablespoons cilantro leaves minced
- 2 teaspoons cumin
- 2 garlic clove minced
- 1 jalapeno diced
- 1 lime cut into wedges
- 0.5 cup onion diced
- 2 teaspoons pepper
- 1 teaspoon salt
- 1 cup cheddar cheese shredded
- 3 cups chicken shredded cooked (I use rotisserie from the deli)
- 2 teaspoons all the tabasco sauce you handle (I use the chipotle flavor)
- 3 large tomatoes diced
- 2 cups tortilla chips crushed

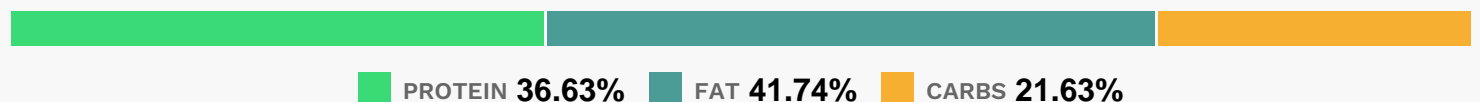
Equipment

- slow cooker

Directions

- Throw everything except the garnishes in your crock pot and let it cook on high for 5-6 hours. Dress with garnishes and give it a squeeze of lime (a must:-) and you're good to go! Enjoy! If you are not using a crock pot, saute the garlic and onion in 2 tablespoons olive oil before adding the remaining ingredients. Simmer for at least an hour so that the flavors mix together.

Nutrition Facts



Properties

Glycemic Index:75.83, Glycemic Load:5.23, Inflammation Score:-9, Nutrition Score:41.213478057281%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 912.9kcal (45.64%), Fat: 42.6g (65.55%), Saturated Fat: 11.72g (73.27%), Carbohydrates: 49.68g (16.56%), Net Carbohydrates: 40.17g (14.61%), Sugar: 10.58g (11.76%), Cholesterol: 180.01mg (60%), Sodium: 2234.41mg (97.15%), Alcohol: 0g (100%), Protein: 84.11g (168.22%), Selenium: 65.9µg (94.14%), Phosphorus: 743.9mg (74.39%), Vitamin B3: 14.22mg (71.11%), Vitamin C: 57.44mg (69.63%), Vitamin B6: 1.27mg (63.56%), Zinc: 8.63mg (57.51%), Vitamin A: 2506.95IU (50.14%), Potassium: 1515.31mg (43.29%), Vitamin B12: 2.58µg (42.93%), Iron: 7.35mg (40.84%), Vitamin E: 6.06mg (40.37%), Vitamin K: 41.15µg (39.19%), Fiber: 9.51g (38.05%), Magnesium: 149.72mg (37.43%), Vitamin B2: 0.61mg (36.1%), Copper: 0.59mg (29.34%), Manganese: 0.57mg (28.54%), Calcium: 285.14mg (28.51%), Vitamin B5: 2.29mg (22.86%), Folate: 81.45µg (20.36%), Vitamin B1: 0.26mg (17.42%), Vitamin D: 0.33µg (2.2%)