



Tortilla and Bean Soup



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce beans ranch-style canned
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 20 ounce tomatoes diced with green chile peppers canned
- ☐ 15 ounce kidney beans canned
- ☐ 15 ounce pinto beans canned
- ☐ 15 ounce hominy white canned
- ☐ 1 onion chopped
- ☐ 1 ounce ranch dressing mix

- ☐ 4 chicken breasts boneless skinless
- ☐ 1.3 ounce taco seasoning
- ☐ 6 cups water

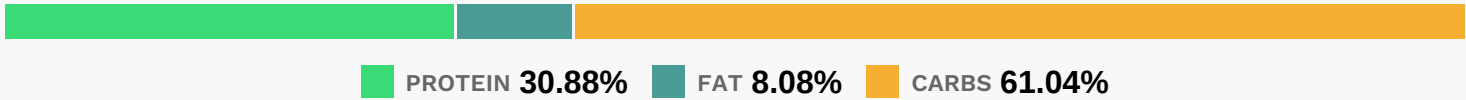
Equipment

- ☐ pot

Directions

- ☐ Combine the chicken and water in a large pot over high heat. Cook for 30 minutes to 1 hour, or until chicken is done.
- ☐ Remove chicken from the pot, and cut into bite-size pieces.
- ☐ Return the meat to the pot.
- ☐ Add the onion, kidney beans, ranch style beans, pinto beans, black beans, hominy, tomatoes, taco seasoning and ranch dressing mix.
- ☐ Mix well, reduce heat to low, and simmer for 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:5.39, Inflammation Score:-6, Nutrition Score:13.696521665739%

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: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 210.99kcal (10.55%), Fat: 1.91g (2.95%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 22.63g (8.23%), Sugar: 4.38g (4.87%), Cholesterol: 24.11mg (8.04%), Sodium: 1067.72mg (46.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.91%), Fiber: 9.9g (39.6%), Phosphorus: 249.14mg (24.91%), Vitamin B3: 4.95mg (24.76%), Manganese: 0.48mg (24.01%), Vitamin B6: 0.45mg (22.49%),

Selenium: 14.45µg (20.64%), Potassium: 635.99mg (18.17%), Iron: 3.12mg (17.31%), Magnesium: 68.12mg (17.03%),
Copper: 0.31mg (15.28%), Folate: 55.93µg (13.98%), Vitamin B1: 0.19mg (12.92%), Vitamin C: 8.63mg (10.45%), Zinc:
1.51mg (10.09%), Vitamin B2: 0.16mg (9.64%), Vitamin B5: 0.86mg (8.64%), Calcium: 75.34mg (7.53%), Vitamin A:
345.56IU (6.91%), Vitamin K: 5.2µg (4.96%), Vitamin E: 0.63mg (4.19%), Vitamin B12: 0.08µg (1.26%)