



Tortilla Soup

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced canned
- 2 cups meat from a rotisserie chicken shredded skinless cooked (from a rotisserie chicken)
- 1.5 teaspoons chili powder
- 4 ounces tortilla chips
- 0.3 teaspoon pepper red crushed
- 2 tablespoons cilantro leaves fresh
- 2 cloves garlic finely chopped
- 32 ounces chicken broth low-sodium

- 1 small onion finely chopped
- 4 servings salt
- 1 tablespoon vegetable oil

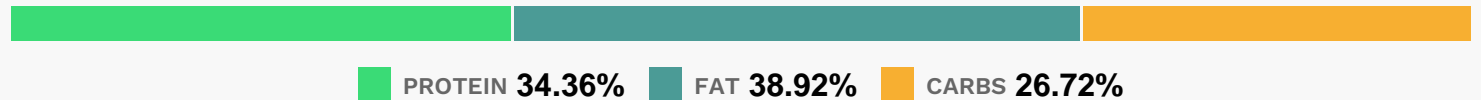
Equipment

- bowl
- sauce pan
- ladle

Directions

- Warm vegetable oil in a large saucepan over medium heat.
- Add onion and cook, stirring, until softened, about 5 minutes.
- Add garlic, chili powder and crushed red pepper; cook mixture for 30 seconds, stirring.
- Stir in broth and tomatoes and bring to a boil. Reduce heat and simmer 15 minutes. Stir in chicken and cook until heated through, 1 to 2 minutes. Season with salt. Stir in cilantro. Divide tortilla chips among 4 shallow soup bowls. Ladle soup on top of chips and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:2.61, Inflammation Score:-5, Nutrition Score:11.234347809916%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 462.45kcal (23.12%), Fat: 20.73g (31.9%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 27.91g (10.15%), Sugar: 5.88g (6.53%), Cholesterol: 113.56mg (37.85%), Sodium: 916.34mg (39.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.35%), Vitamin B3: 4.74mg (23.68%), Vitamin E: 2.91mg (19.38%), Vitamin K: 19.26µg (18.35%), Copper: 0.35mg (17.59%), Phosphorus: 174.8mg (17.48%), Potassium: 597.46mg (17.07%), Fiber: 4.12g (16.49%), Vitamin B6: 0.29mg (14.29%), Iron: 2.46mg (13.68%), Vitamin

C: 11.28mg (13.67%), Manganese: 0.25mg (12.6%), Magnesium: 50.12mg (12.53%), Vitamin A: 495.22IU (9.9%),
Vitamin B2: 0.16mg (9.19%), Vitamin B1: 0.13mg (8.68%), Calcium: 83.94mg (8.39%), Vitamin B5: 0.66mg (6.61%),
Zinc: 0.98mg (6.55%), Folate: 20.5µg (5.13%), Vitamin B12: 0.23µg (3.78%), Selenium: 2.35µg (3.35%)