



Tortilla Soup

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large avocado chopped
- 15 oz tomato sauce canned
- 0.3 cup knudsen cream sour
- 28 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup cheddar & monterey jack cheeses shredded kraft

- 1.5 lb chicken breasts boneless skinless
- 6 oz tortilla chips crushed
- 1.5 cups water

Equipment

- bowl
- frying pan
- sauce pan
- sieve

Directions

- Cook dressing and garlic in large saucepan on medium-high heat 1 min., stirring occasionally. Stir in broth and water.
- Add chicken. Bring liquid to boil; simmer on medium-low heat 20 min. or until chicken is done (165F).
- Remove chicken from pan, reserving liquid in pan; set chicken aside.
- Pour reserved liquid through fine-mesh strainer into bowl. Discard strained solids; return liquid to saucepan.
- Shred chicken; add to liquid in pan. Stir in tomato sauce; cook on medium-high heat 5 min. or until heated through, stirring occasionally.
- Serve chicken mixture topped with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:4.35, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:3.2260869760876%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 61.9kcal (3.1%), Fat: 3.08g (4.74%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.63g (0.7%), Cholesterol: 13.27mg (4.42%), Sodium: 182.43mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.31%), Vitamin B3: 2.12mg (10.59%), Selenium: 6.46µg (9.23%), Vitamin B6: 0.17mg (8.27%), Phosphorus: 61.03mg (6.1%), Vitamin B5: 0.43mg (4.3%), Potassium: 137.44mg (3.93%), Vitamin E: 0.47mg (3.11%), Magnesium: 11.99mg (3%), Fiber: 0.73g (2.92%), Vitamin B2: 0.05mg (2.74%), Vitamin K: 2.82µg (2.68%), Calcium: 21.36mg (2.14%), Copper: 0.04mg (1.86%), Vitamin C: 1.52mg (1.85%), Zinc: 0.27mg (1.79%), Folate: 6.8µg (1.7%), Vitamin B1: 0.03mg (1.68%), Iron: 0.3mg (1.67%), Vitamin A: 83.03IU (1.66%), Vitamin B12: 0.09µg (1.49%), Manganese: 0.03mg (1.32%)