

Tortilla Soup II

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves shredded boneless cooked
- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 29 ounce chicken broth canned
- ☐ 4 10-inch flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 ounce chiles diced green canned
- ☐ 0.5 teaspoon ground pepper

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

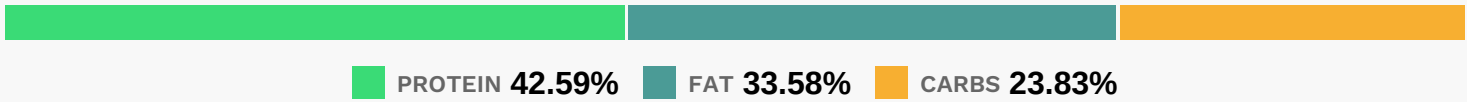
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ pot

Directions

- ☐ Combine the chicken broth, green chilies, tomatoes with green chilies, onion, and garlic in a soup pot.
- ☐ Add the shredded chicken. Bring to a boil, stirring frequently. Reduce heat and simmer for 30–35 minutes.
- ☐ Add the lime juice, cilantro, cayenne, and cumin. Simmer for 10–15 minutes longer.
- ☐ Cut the tortillas into 1/2 x 2-inch strips. Fry in hot olive oil in skillet until golden brown; drain on paper towels.
- ☐ Ladle the soup into bowls.
- ☐ Garnish with shredded Monterey Jack cheese and the tortilla strips.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:5.83, Inflammation Score:-5, Nutrition Score:16.787826185641%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 397.62kcal (19.88%), Fat: 14.44g (22.22%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 20.11g (7.31%), Sugar: 3.12g (3.46%), Cholesterol: 87.54mg (29.18%), Sodium: 993.8mg (43.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.21g (82.43%), Selenium: 45.03µg (64.33%), Vitamin B3: 10.04mg (50.18%), Phosphorus: 355.98mg (35.6%), Vitamin B6: 0.69mg (34.32%), Zinc: 3.14mg (20.92%), Vitamin B12: 1.14µg (19.01%), Iron: 3.15mg (17.51%), Vitamin B2: 0.27mg (15.81%), Vitamin B1: 0.22mg (14.88%), Vitamin C: 11.72mg (14.21%), Potassium: 456.62mg (13.05%), Folate: 47.9µg (11.97%), Fiber: 2.94g (11.77%), Magnesium: 44.87mg (11.22%), Manganese: 0.22mg (10.95%), Vitamin B5: 0.9mg (8.99%), Calcium: 79.63mg (7.96%), Vitamin K: 6.55µg (6.23%), Copper: 0.11mg (5.65%), Vitamin A: 278.34IU (5.57%), Vitamin E: 0.74mg (4.93%), Vitamin D: 0.16µg (1.06%)