



## Trisha's Chicken Tortilla Soup

READY IN



40 min.

SERVINGS



8

CALORIES



1319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 15 ounce black beans drained canned
- 15 ounce kidney beans drained canned
- 42 ounce chicken broth canned
- 10.8 ounce cream of chicken soup canned
- 2 tablespoons flour all-purpose
- 1 teaspoon garlic minced
- 2 teaspoon ground cumin
- 4 cups half-and-half

- 8 ounces monterey jack grated
- 1 medium onion finely chopped
- 1 cup salsa prepared
- 1.3 ounce fajita seasoning
- 8 ounces sharp cheddar grated
- 4 chicken breasts shredded boneless skinless boiled drained
- 0.5 cup cup heavy whipping cream sour
- 16 ounce tortilla chips
- 15 ounce kernel corn whole drained canned

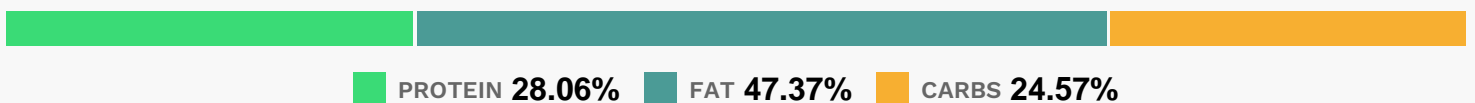
## Equipment

- bowl
- ladle
- pot

## Directions

- Watch how to make this recipe.
- Melt the butter in a large pot over medium heat.
- Add the garlic and the onion and saute until softened, 5 minutes.
- Add the flour and stir well, cooking for 1 minute more.
- Add the broth and the half-and-half. Stir in the cream of chicken soup, salsa, chicken, beans, corn, cumin and fajita seasoning. Continue to simmer over low heat for 15 minutes.
- Crumble the tortilla chips into individual bowls and top with a ladle of soup.
- Sprinkle each serving with cheese and add a dollop of sour cream.

## Nutrition Facts



## Properties

Glycemic Index:42.63, Glycemic Load:5.47, Inflammation Score:-9, Nutrition Score:46.224348026773%

## Flavonoids

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 1318.97kcal (65.95%), Fat: 69.61g (107.1%), Saturated Fat: 30.03g (187.7%), Carbohydrates: 81.22g (27.07%), Net Carbohydrates: 68.83g (25.03%), Sugar: 9.38g (10.43%), Cholesterol: 265.48mg (88.49%), Sodium: 2412.04mg (104.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 92.78g (185.56%), Selenium: 85.91µg (122.73%), Phosphorus: 1148.94mg (114.89%), Vitamin B3: 17.9mg (89.51%), Calcium: 773.92mg (77.39%), Vitamin B6: 1.54mg (76.96%), Zinc: 8.7mg (58%), Vitamin B2: 0.97mg (57.17%), Vitamin K: 52.22µg (49.74%), Fiber: 12.39g (49.56%), Magnesium: 196.9mg (49.22%), Iron: 7.98mg (44.32%), Potassium: 1528.08mg (43.66%), Vitamin B12: 2.52µg (41.99%), Vitamin A: 1760.87IU (35.22%), Manganese: 0.67mg (33.73%), Vitamin E: 4.91mg (32.75%), Vitamin B5: 3.24mg (32.37%), Folate: 110.5µg (27.63%), Vitamin B1: 0.39mg (26.1%), Copper: 0.5mg (25.02%), Vitamin C: 7.27mg (8.81%), Vitamin D: 0.6µg (4.01%)