



Turkey-Tortilla Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes with jalapeño peppers and spices, undrained mexican-style canned
- ☐ 2.3 teaspoons chili powder salt-free divided
- ☐ 4 6-inch corn tortillas ()
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh

- ☐ 1.5 teaspoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1 ounce queso fresco crumbled
- ☐ 12 ounces turkey breast shredded cooked

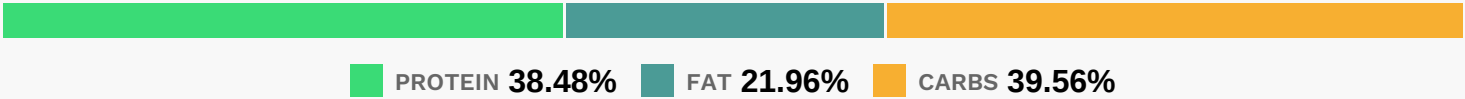
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 375
- ☐ Stack tortillas on a cutting board, and cut into 1/4-inch strips.
- ☐ Place strips in a bowl, lightly coat with cooking spray, tossing to coat. Repeat the procedure.
- ☐ Sprinkle 1/4 teaspoon chili powder over strips, tossing to coat. Arrange strips in an even layer on a baking sheet.
- ☐ Bake at 375 for 10 minutes; stir.
- ☐ Bake an additional 5 minutes or until lightly browned and crisp. Cool on pan.
- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add garlic; saut 1 minute. Stir in broth, remaining 2 teaspoons chili powder, cumin, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in turkey; cover and simmer 5 minutes.
- ☐ Remove from heat; stir in juice and cilantro. Ladle 1 1/2 cups soup into each of 4 bowls. Top each serving with 1 tablespoon cheese and about 3/4 cup tortilla strips.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:8.1, Inflammation Score:-7, Nutrition Score:19.748260990433%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 244.22kcal (12.21%), Fat: 6.29g (9.67%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 20.7g (7.53%), Sugar: 7.29g (8.1%), Cholesterol: 50.82mg (16.94%), Sodium: 1325.33mg (57.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Vitamin B3: 11.57mg (57.86%), Vitamin B6: 1mg (50.17%), Selenium: 28.54µg (40.77%), Phosphorus: 387.73mg (38.77%), Potassium: 738.09mg (21.09%), Manganese: 0.41mg (20.61%), Vitamin C: 16.37mg (19.84%), Fiber: 4.77g (19.09%), Vitamin B12: 1.11µg (18.48%), Magnesium: 72.45mg (18.11%), Copper: 0.35mg (17.75%), Vitamin B2: 0.28mg (16.45%), Iron: 2.94mg (16.34%), Vitamin E: 2.13mg (14.2%), Zinc: 2.11mg (14.05%), Calcium: 136.85mg (13.68%), Vitamin B5: 1.35mg (13.55%), Vitamin A: 659.14IU (13.18%), Vitamin B1: 0.18mg (11.82%), Vitamin K: 8.81µg (8.39%), Folate: 32.68µg (8.17%), Vitamin D: 0.28µg (1.84%)