

Chicken Tortilla Soup III

Nancy Vienneau - Nashville TN
The Third Thursday Community Potluck Cookbook

3 tablespoons olive oil
4 cloves garlic, chopped
1 large spring green onion (or a bunch of small green onions)
1 red bell pepper, chopped
2 tablespoons chili powder
1 teaspoon ground cumin
1/2 teaspoon coarse salt
1 can (14 ounce) Mexican tomatoes
1 cup water
4 cups chicken stock
2 large chicken breasts (or 1/2 a rotisserie chicken), shredded
avocado (for garnish), chopped
lime (for garnish)
cilantro (for garnish)
queso fresco (for garnish)
tortillas

In a large saucepan, heat the oil. Add the garlic, green onion and red pepper. Saute' for 10 minutes.

Add the chili powder, cumin and salt. Saute' for 5 minutes.

Add the tomatoes, water, chicken stock and chicken. Simmer for 20 minutes.

Serve with the avocado, lime, cilantro, cheese and tortillas.

Per Serving (excluding unknown items): 561 Calories; 45g Fat (74.8% calories from fat); 8g Protein; 26g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 9696mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 8 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 561 | Vitamin B6 (mg): | .7mg |
| % Calories from Fat: | 74.8% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 19.5% | Thiamin B1 (mg): | 4.0mg |
| % Calories from Protein: | 5.7% | Riboflavin B2 (mg): | .7mg |
| Total Fat (g): | 45g | Folacin (mcg): | 54mcg |
| Saturated Fat (g): | 6g | Niacin (mg): | 3mg |

Monounsaturated Fat (g): 33g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 0mg
Carbohydrate (g): 26g
Dietary Fiber (g): 9g
Protein (g): 8g
Sodium (mg): 9696mg
Potassium (mg): 1015mg
Calcium (mg): 116mg
Iron (mg): 10mg
Zinc (mg): 1mg
Vitamin C (mg): 244mg
Vitamin A (i.u.): 12086IU
Vitamin A (r.e.): 1208 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 561 Calories from Fat: 420

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 45g | 69% |
| Saturated Fat | 6g | 32% |
| Cholesterol | 0mg | 0% |
| Sodium | 9696mg | 404% |
| Total Carbohydrates | 26g | 9% |
| Dietary Fiber | 9g | 34% |
| Protein | 8g | |
| Vitamin A | | 242% |
| Vitamin C | | 406% |
| Calcium | | 12% |
| Iron | | 58% |

* Percent Daily Values are based on a 2000 calorie diet.