

Tortilla Soup

Sandee McAleer

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

Servings: 4

6 corn tortillas
1/2 cup + 2 tablespoons olive oil,
divided
1 small onion, chopped
1 clove garlic, minced
1 can (4 ounce) chopped green chilies
1 1/2 cups cooked chicken
4 cups chicken broth
1 tablespoon lime juice
1 teaspoon salt
1 can (14 ounce) tomatoes
1/2 cup cheddar cheese, shredded

Cut the tortillas into wedges and saute' in one-half cup of the olive oil over medium-high heat. Fry the tortillas quickly until crisp. Drain on paper towels.

In a Dutch oven, heat the remaining two tablespoons of olive oil and saute' the onion and garlic for 5 minutes. Stir in the chilies and chicken.

Pour in the broth. Add the lime juice, salt and tomatoes. Simmer for 30 minutes.

Pour into soup bowls. Garnish with cheese and the tortillas.

Per Serving (excluding unknown items): 527 Calories; 37g Fat (62.0% calories from fat); 27g Protein; 23g Carbohydrate; 3g Dietary Fiber; 59mg Cholesterol; 1489mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	527	Vitamin B6 (mg):	.5mg
% Calories from Fat:	62.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	17.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	20.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	37g	Folacin (mcg):	62mcg
Saturated Fat (g):	8g	Niacin (mg):	11mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	59mg	% Refuse:	0.00%

Carbohydrate (g):	23g
Dietary Fiber (g):	3g
Protein (g):	27g
Sodium (mg):	1489mg
Potassium (mg):	526mg
Calcium (mg):	198mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	9mg
Vitamin A (i.u.):	357IU
Vitamin A (r.e.):	69RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	3 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	527	Calories from Fat: 327
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% Daily Values*

Total Fat	37g	56%
Saturated Fat	8g	39%
Cholesterol	59mg	20%
Sodium	1489mg	62%
Total Carbohydrates	23g	8%
Dietary Fiber	3g	11%
Protein	27g	

Vitamin A	7%
Vitamin C	15%
Calcium	20%
Iron	11%

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