

Mexican Tortilla Soup

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1 tablespoon vegetable oil
1 pound boneless, skinless chicken breast, cut into 1/2-inch chunks
1 red bell pepper, coarsely chopped
3 cloves garlic, minced
5 1/4 cups reduced-sodium chicken broth
1 package (10 ounce) frozen whole kernel corn
1/2 cup salsa
1/4 cup fresh cilantro, chopped
2 cups baked tortilla chips, broken-up

In a soup pot, heat the oil over medium heat. Add the chicken, bell pepper and garlic. Cook for about 3 minutes or until the chicken is browned, stirring frequently.

Stir in the chicken broth, corn and salsa. Bring to a boil. Reduce the heat to low. Cover and simmer for 5 minutes or until the chicken is no longer pink.

Stir in the cilantro.

Ladle into bowls. Serve topped with tortilla chips.

Per Serving (excluding unknown items): 2206 Calories; 32g Fat (13.0% calories from fat); 60g Protein; 425g Carbohydrate; 42g Dietary Fiber; 0mg Cholesterol; 3277mg Sodium. Exchanges: 26 1/2 Grain(Starch); 3 Vegetable; 6 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	2206
% Calories from Fat:	13.0%
% Calories from Carbohydrates:	76.2%
% Calories from Protein:	10.8%
Total Fat (g):	32g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	425g
Dietary Fiber (g):	42g

Vitamin B6 (mg):	2.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	141mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	26 1/2
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Protein (g): 60g
Sodium (mg): 3277mg
Potassium (mg): 1807mg
Calcium (mg): 1089mg
Iron (mg): 9mg
Zinc (mg): 8mg
Vitamin C (mg): 259mg
Vitamin A (i.u.): 7822IU
Vitamin A (r.e.): 782RE

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

Nutrition Facts

Amount Per Serving

Calories	2206	Calories from Fat: 286
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% Daily Values*

Total Fat	32g	49%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	3277mg	137%
Total Carbohydrates	425g	142%
Dietary Fiber	42g	170%
Protein	60g	
Vitamin A		156%
Vitamin C		431%
Calcium		109%
Iron		49%

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