

# Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

## # 48451 Mexican Fiesta Tortilla Soup

This Mexican soup is irresistably delicious, exploding with south of the border flavor.

### Just add Chicken, Broth, Tomatoes and Tortillas.

**Ingredients:** Navy Beans, (Carrots, Onions, Corn, Celery), Chipotle, Chili Powder, Minced Garlic, Jalapeno, Sugar, Cilantro and Cumin.

### Ingredients You will need :

- 1 14 ½ oz can of low sodium petite diced tomatoes
- 2 15 oz can of low sodium tomato sauce
- 2½-3 lbs. of boneless, skinless chicken thighs
- 6-8 cups of low sodium chicken broth corn tortillas or tortilla chips

### Cooking Instructions

1. Place uncooked chicken in bottom of cooker.
2. Rinse and sort beans and layer over chicken.
3. Layer contents of vegetable and spice packets over beans.
4. Top evenly with diced tomatoes and tomato sauce.
5. Slowly pour chicken broth over ingredients. **Do not stir.**
6. Cover & cook on high for 5½-6½ hours or low for 8½-9½ hours. **Do not lift lid while cooking.**
7. Before serving shred chicken with a fork.
8. When ready to serve salt to taste.
9. Top with tortilla strips or chips.

### Serving Suggestions:

Before serving add 2 - 4 ½ oz cans of chopped green chilies. (These are not spicy and they add wonderful flavor.)

Add 8-16 oz of whole kernel corn.

Add 1 cup diced fire roasted red peppers.

Want more heat? Add hot sauce or jalapenos.

Top with sour cream and grated cheese.

Top with chopped fresh cilantro & lime.

## Nutrition Facts

Serving Size As Packaged 1.2 oz. (33g)

As Prepared 12.7 oz (360g)

Servings Per Container 12

| Amount Per Serving   | As Packaged | As Prepared  |         |         |   |
|--|-------------|--------------|---------|---------|---|
| <b>Calories</b>  | 110         | 320          |         |         |   |
| Calories from Fat  | 5           | 20           |         |         |   |
| <b>% Daily Value**</b>   |             |              |         |         |   |
| <b>Total Fat</b> 0g*   | <b>1%</b>   | <b>4%</b>    |         |         |   |
| Saturated Fat 0g   | <b>0%</b>   | <b>0%</b>    |         |         |   |
| Trans Fat 0g   |             |              |         |         |   |
| <b>Cholesterol</b> 0mg   | <b>0%</b>   | <b>18%</b>   |         |         |   |
| <b>Sodium</b> 65mg   | <b>3%</b>   | <b>8%</b>    |         |         |   |
| <b>Total Carbohydrate</b> 23g  | <b>8%</b>   | <b>16%</b>   |         |         |   |
| Dietary Fiber 7g   | <b>28%</b>  | <b>32%</b>   |         |         |   |
| Sugars 5g  |             |              |         |         |   |
| <b>Protein</b> 5g  |             |              |         |         |   |
| Vitamin A  | 100%        | 110%         |         |         |   |
| Vitamin C  | 10%         | 35%          |         |         |   |
| Calcium  | 6%          | 10%          |         |         |   |
| Iron   | 8%          | 20%          |         |         |   |
| * Amount in Mix. As prepared, one serving provides 2.5g total fat (0 saturated fat), 55mg cholesterol, 190mg sodium, 48g carbohydrate (8g fiber, 13g sugar) and 30g protein. |             |              |         |         |   |
| **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  |             |              |         |         |   |
|  | Calories    | 2,000        | 2,500   |         |   |
| Total Fat  | Less than   | 65g          | 80g     |         |   |
| Sat Fat  | Less than   | 20g          | 25g     |         |   |
| Cholesterol  | Less than   | 300mg        | 300mg   |         |   |
| Sodium   | Less than   | 2,400mg      | 2,400mg |         |   |
| Total Carbohydrate   |             | 300g         | 375g    |         |   |
| Dietary Fiber  |             | 25g          | 30g     |         |   |
| Calories per gram:   |             |              |         |         |   |
| Fat  | 9           | Carbohydrate | 4       | Protein | 4 |