

mcAlister's chicken tortilla soup nutrition

mcAlister's chicken tortilla soup nutrition is an important topic for health-conscious consumers who enjoy flavorful dining options. This article explores the nutritional profile of McAlister's popular chicken tortilla soup, highlighting its calorie content, macronutrients, vitamins, and minerals. Understanding the soup's ingredients and nutritional value can help diners make informed decisions that align with their dietary goals. Additionally, this piece covers common dietary considerations such as sodium levels and allergen information. By examining the detailed nutrition facts and offering insights into healthy eating choices, readers will gain a comprehensive understanding of what McAlister's chicken tortilla soup offers nutritionally. Below is a structured overview of the key aspects covered in this article.

- Nutrition Facts Overview
- Macronutrient Breakdown
- Vitamins and Minerals Content
- Sodium and Dietary Considerations
- Ingredients and Their Nutritional Impact
- Health Benefits and Dietary Tips

Nutrition Facts Overview

The nutrition facts of McAlister's chicken tortilla soup provide a clear snapshot of its caloric and nutrient content per serving. Typically served in a bowl size of approximately 10 ounces, this soup

combines a rich broth with shredded chicken, vegetables, and tortilla strips. The calorie count is moderate, making it a suitable option for those seeking a balanced meal or a hearty appetizer. Understanding the calorie and nutrient density helps consumers evaluate how this soup fits into their daily nutritional requirements.

Calorie Content

McAlister's chicken tortilla soup generally contains around 200 to 250 calories per bowl. This calorie range positions the soup as a relatively light yet satisfying choice compared to other menu items. The majority of these calories come from a combination of proteins, carbohydrates, and fats present in the ingredients.

Serving Size Information

Nutrition values are based on a single serving size, which is approximately 10 ounces or one bowl. It is important to consider portion sizes when analyzing the nutrition facts, as consuming larger portions will proportionally increase calorie and nutrient intake.

Macronutrient Breakdown

Macronutrients—proteins, carbohydrates, and fats—are the primary contributors to the energy content in McAlister's chicken tortilla soup. Their balance influences the soup's ability to provide sustained energy and satiety. Examining each macronutrient helps clarify the soup's role in a balanced diet.

Protein Content

Chicken serves as the main protein source in this soup, supplying approximately 15 to 20 grams of protein per serving. Protein is essential for muscle repair, immune function, and overall metabolism. The high protein content makes the soup a valuable option for those aiming to meet their daily protein

needs.

Carbohydrates and Fiber

The carbohydrate content in the soup is moderate, ranging from 15 to 25 grams per serving. This includes dietary fiber, which supports digestive health and helps regulate blood sugar levels. Tortilla strips add to both the carbohydrate and fiber content, though they also contribute refined carbohydrates.

Fat Content

The fat content is relatively low to moderate, typically between 5 and 8 grams per serving. This includes healthy fats derived from the chicken and broth. The soup's fat profile is conducive to maintaining balanced cholesterol levels when consumed in moderation.

Vitamins and Minerals Content

Beyond macronutrients, McAlister's chicken tortilla soup contains a variety of vitamins and minerals that contribute to overall health. These micronutrients are derived from the fresh vegetables, chicken, and broth components.

Key Vitamins

The soup provides essential vitamins such as vitamin A, vitamin C, and some B vitamins. Vitamin A, often present due to tomato and vegetable content, supports vision and immune function. Vitamin C contributes antioxidant properties and aids in tissue repair.

Mineral Profile

Important minerals like potassium, calcium, and iron are also present in the soup. Potassium helps maintain proper fluid balance and muscle function, while calcium supports bone health. Iron is critical for oxygen transport and energy metabolism.

Sodium and Dietary Considerations

Sodium content is a significant factor to consider in McAlister's chicken tortilla soup nutrition. While the soup is flavorful, it can contain moderate to high sodium levels, which may impact individuals monitoring their salt intake.

Sodium Levels

The sodium content per serving is typically around 700 to 900 milligrams. This represents a substantial portion of the recommended daily limit for sodium, which is generally advised to be less than 2,300 milligrams for healthy adults. Those with hypertension or cardiovascular concerns should exercise caution.

Allergen Information

Potential allergens in the soup include wheat (from tortilla strips) and possibly dairy if cheese is added as a garnish. The chicken and broth are generally safe for most consumers; however, individuals with specific allergies should verify ingredient lists to avoid adverse reactions.

Ingredients and Their Nutritional Impact

The composition of McAlister's chicken tortilla soup influences its nutritional profile. Understanding the ingredients helps clarify how each component contributes to both flavor and nutrition.

Main Ingredients

- Shredded chicken breast – high-quality lean protein
- Tomato-based broth – source of vitamins and antioxidants
- Black beans – plant-based protein and fiber
- Corn – carbohydrates and fiber
- Tortilla strips – provide texture and additional carbohydrates
- Spices and herbs – add flavor with minimal calories

Nutritional Effects of Ingredients

The chicken and black beans contribute significantly to protein and fiber content, promoting satiety and digestive health. The tomato broth is rich in lycopene, an antioxidant linked to reduced inflammation. Corn and tortilla strips add carbohydrates necessary for energy but also increase the calorie and sodium content.

Health Benefits and Dietary Tips

McAlister's chicken tortilla soup offers several health benefits when incorporated into a balanced diet. Its protein and fiber content support muscle health and digestion, while the vitamin and mineral profile helps maintain overall wellness.

Health Benefits

- Supports immune function through vitamins A and C
- Provides lean protein for muscle maintenance
- Contains dietary fiber that aids digestive health
- Offers antioxidants from tomato and vegetables

Dietary Tips

To optimize the nutritional benefits of McAlister's chicken tortilla soup, consumers may consider pairing it with a side salad or fresh vegetables to increase fiber and micronutrient intake. Monitoring sodium consumption throughout the day is advisable to maintain heart health. For those with dietary restrictions, requesting the soup without tortilla strips or cheese can reduce calorie and allergen exposure.

Frequently Asked Questions

What are the main nutritional components of McAlister's Chicken Tortilla Soup?

McAlister's Chicken Tortilla Soup typically contains protein from chicken, carbohydrates from vegetables and tortilla strips, fiber, and a moderate amount of fat. It is also a source of vitamins and minerals depending on the ingredients used.

How many calories are in a serving of McAlister's Chicken Tortilla Soup?

A standard serving of McAlister's Chicken Tortilla Soup contains approximately 210-250 calories, making it a relatively light option for a meal or starter.

Is McAlister's Chicken Tortilla Soup high in sodium?

Yes, like many restaurant soups, McAlister's Chicken Tortilla Soup tends to be high in sodium, often containing around 800-1000 mg per serving, so those monitoring salt intake should consume it in moderation.

Does McAlister's Chicken Tortilla Soup contain any allergens?

McAlister's Chicken Tortilla Soup may contain allergens such as dairy, gluten (from tortilla strips), and possibly soy. It's important to check with the restaurant for specific allergen information if you have sensitivities.

Is McAlister's Chicken Tortilla Soup a good option for a low-fat diet?

McAlister's Chicken Tortilla Soup is relatively moderate in fat, with about 5-7 grams per serving, which can fit into a low-fat diet if consumed in moderation and balanced with other low-fat foods throughout the day.

How much protein is in McAlister's Chicken Tortilla Soup?

A serving of McAlister's Chicken Tortilla Soup provides around 15-18 grams of protein, primarily from the chicken, making it a good source of protein for a soup option.

Additional Resources

1. *The Ultimate Guide to Comfort Soups: Nutrition and Flavor*

This book explores a variety of comforting soups, including chicken tortilla soup, emphasizing their nutritional benefits. It provides recipes that balance taste and health, helping readers enjoy hearty meals without compromising on nutrition. Detailed breakdowns of ingredients and their health impacts make it a valuable resource for soup enthusiasts.

2. Healthy Homemade Soups: Nutritious Recipes for Every Season

Focusing on homemade soups, this book includes recipes like McAlister's chicken tortilla soup, highlighting ways to enhance flavor while maintaining nutritional integrity. It offers tips on ingredient substitutions to reduce calories and increase vitamins. The book encourages seasonal cooking, making soup preparation an enjoyable and healthy practice year-round.

3. Chicken Soups Around the World: A Nutritional Journey

Discover the global variations of chicken soups with an emphasis on their nutritional profiles in this comprehensive guide. Featuring McAlister's chicken tortilla soup as an example, the book delves into how different cultures add unique flavors and nutrients. Nutritional information helps readers make informed choices about their soup consumption.

4. Soups for Wellness: Enhancing Health Through Nutrition

This book connects the dots between soup recipes and overall wellness, showcasing dishes like chicken tortilla soup that support immune health and digestion. It includes scientific insights into key ingredients and how they contribute to a balanced diet. Readers will find practical advice on making soups that nourish the body and delight the palate.

5. The Science of Soup: Understanding Ingredients and Nutrition

Explore the chemistry and nutrition behind popular soups, including McAlister's chicken tortilla soup, in this detailed book. It explains how cooking methods affect nutrient retention and flavor development. With clear nutritional analyses, the book helps readers optimize their soup-making for maximum health benefits.

6. Low-Calorie Soups for Weight Management

Ideal for those seeking weight control, this book features low-calorie versions of favorite soups such as

chicken tortilla soup. It provides calorie counts, portion sizes, and ingredient swaps to reduce fat and sodium. The practical approach makes it easy to enjoy tasty soups without guilt.

7. Family Favorites: Nutritious Chicken Soup Recipes

This collection focuses on chicken-based soups that are both family-friendly and nutritious, including McAlister's chicken tortilla soup. Recipes are designed to appeal to all ages while delivering essential nutrients. The book also offers tips on meal planning and ingredient sourcing for busy households.

8. Soup and Nutrition: Balancing Flavor with Health

Delve into the art of creating soups that satisfy both taste buds and dietary needs. Featuring chicken tortilla soup as a case study, the book discusses balancing macronutrients and micronutrients in soup recipes. It's a useful guide for home cooks wanting to make healthier soup choices.

9. Gourmet Soups with a Healthy Twist

This book elevates traditional soup recipes like chicken tortilla soup by introducing healthier cooking techniques and ingredient enhancements. It encourages experimentation with herbs, spices, and fresh produce to boost nutrition without sacrificing gourmet quality. Perfect for food lovers who prioritize health.

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