

Chick-fil-A Chicken Tortilla Soup Allergens & Dietary Information

1. Major Allergens

Milk: Present in the creamy base and some toppings.

Soy: Found in certain ingredients and seasonings.

Wheat: Comes from the flour in the tortilla strips and thickening agents.

Egg: May be present in the creamy base or cross-contact.

Peanuts: Chick-fil-A uses refined peanut oil in their kitchens, so trace amounts are possible.

⚠️ Note: Chick-fil-A prepares foods in shared kitchen spaces, so cross-contamination may occur. Always double-check with your local restaurant if you have severe allergies.

2. Gluten Information

The soup contains wheat in the tortilla strips and modified corn starch, so it is not certified gluten-free.

For a gluten-friendly option, you can request no tortilla strips, but keep in mind that cross-contact may still exist.

3. Other Dietary Notes

High Protein: Each small cup has about 22g protein; a large bowl has 44g.

High Fiber: Small cup provides 15g of fiber, which helps keep you full.

Sodium: The soup is relatively high in sodium (850mg per small cup, 1,680mg per large bowl), so monitor intake if you're on a low-sodium diet.

Vegetarian-Friendly: Not suitable — contains chicken.

Tip for customization: Ask your server to remove optional toppings like tortilla strips or cheese if needed, or request extra veggies for a lighter, more nutrient-packed meal.