



## Adam's Famous Tortilla Soup

READY IN



105 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 tablespoons butter
- 14 ounce canned tomatoes canned
- 2 carrots sliced
- 6 rib celery stalks sliced
- 4 teaspoons chicken stock cube
- 1 teaspoon chili powder
- 6 cilantro leaves fresh coarsely chopped
- 0.5 teaspoon cumin
- 0.3 cup olive oil extra virgin

- 0.5 cup flour
- 4 garlic clove chopped fine
- 1 jalapeno fresh with or without seeds) chopped
- 2 tablespoons juice of lime
- 4 servings muenster cheese shredded
- 1 large onion diced
- 1 teaspoon salt
- 1 lb chicken breast boneless skinless chopped finely
- 1 tbsp cream sour
- 4 servings tortilla chips crushed

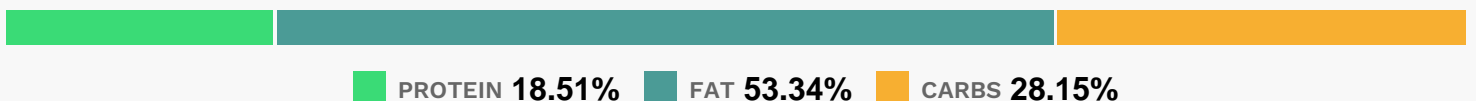
## Equipment

- bowl
- pot

## Directions

- Heat Butter and oil in a large pot until butter is melted.Saut onion, jalapeo, garlic, carrots, celery and chicken; simmer 5 minutes.
- Add cumin, salt, chili powder, lemon pepper and flour. Stir to blend.
- Add tomatoes and chicken broth.
- Mix well. Simmer for 1 hour.
- Add cilantro and lime juice.Put in individual serving bowls in order of preference: tortilla chips, sour cream, cheese, and soup.

## Nutrition Facts



## Properties

Glycemic Index:98.71, Glycemic Load:12.75, Inflammation Score:-10, Nutrition Score:30.152608697829%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg

## Nutrients (% of daily need)

Calories: 662.63kcal (33.13%), Fat: 39.97g (61.49%), Saturated Fat: 11.79g (73.66%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 41.64g (15.14%), Sugar: 8.52g (9.47%), Cholesterol: 105.66mg (35.22%), Sodium: 1545.64mg (67.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.4%), Vitamin A: 6125.33IU (122.51%), Vitamin B3: 14.78mg (73.92%), Selenium: 45.18µg (64.55%), Vitamin B6: 1.22mg (60.92%), Vitamin E: 6.02mg (40.16%), Phosphorus: 396.05mg (39.6%), Vitamin K: 38.47µg (36.64%), Potassium: 1008.49mg (28.81%), Vitamin C: 23.33mg (28.28%), Vitamin B5: 2.52mg (25.24%), Manganese: 0.49mg (24.41%), Vitamin B1: 0.36mg (24.27%), Fiber: 5.81g (23.24%), Magnesium: 90.16mg (22.54%), Iron: 3.54mg (19.67%), Vitamin B2: 0.33mg (19.37%), Folate: 68.02µg (17%), Copper: 0.32mg (15.93%), Calcium: 121.45mg (12.14%), Zinc: 1.71mg (11.39%), Vitamin B12: 0.28µg (4.63%)