



food
network

Ancho Chicken Tortilla Soup

READY IN



40 min.

SERVINGS



6

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 small to 4 ancho chiles stemmed seeded
- 28 ounce canned tomatoes diced crushed canned
- 1 quart chicken stock see
- 6 servings cilantro leaves for garnish
- 2 ears corn on the cob husked
- 6 6-inch flour tortillas ()
- 2 cloves garlic finely chopped
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin

- 2 hass avocados ripe
- 1 tablespoon honey
- 1 jalapeño chile seeded thinly sliced chopped
- 2 limes
- 1 chile pepper red seeded thinly sliced chopped
- 1 large onion red chopped
- 1 rotisserie chicken cut shredded
- 6 servings salt and pepper black freshly ground
- 6 servings cup heavy whipping cream sour
- 1.5 teaspoons paprika smoked sweet
- 2 tablespoons vegetable oil
- 1 cup water

Equipment

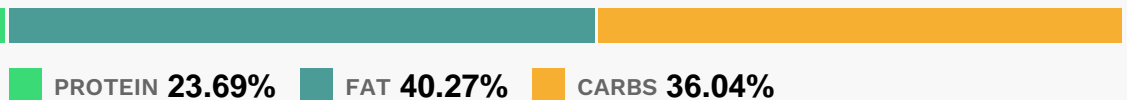
- bowl
- baking sheet
- sauce pan
- ladle
- oven
- pot
- cutting board

Directions

- Heat oven to 350 degrees F. Slice tortillas into 1/2-inch strips and scatter on large baking sheet. Spray with cooking spray and bake to golden and crisp.
- Remove from the oven and reserve.
- While the tortillas crisp, add the ancho chiles and the stock a large saucepan over medium heat. Bring to a boil then reduce heat to low and simmer until the dried peppers are tender.
- While anchos simmer, heat a medium soup pot with vegetable oil over high heat.

- Add corn and char at the edges, 2 to 3 minutes. Reduce the heat a little, then add the onions, peppers and garlic and season with the cumin, smoked paprika and cinnamon.
- Saute for 5 minutes, then add in the beer, cook for 1 minute and then stir in tomatoes. Puree the ancho chiles and stock in a processor, then add to the soup pot. Stir in the honey, then add the shredded chicken, and season with salt and pepper, to taste. Thin with 1 cup of water and simmer to combine flavors.
- Zest and juice 1 of the limes and add to the soup.
- Cut the avocados in half and remove the pit. Scoop the flesh onto a cutting board and dice. Put into a bowl and dress with the juice of the remaining lime.
- Pile the chips into a large soup bowl. Top the chips with diced avocado, then ladle in the soup.
- Garnish with sour cream and whole or chopped cilantro leaves before serving.

Nutrition Facts



Properties

Glycemic Index:69.88, Glycemic Load:10.72, Inflammation Score:-10, Nutrition Score:32.154782664517%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 661.64kcal (33.08%), Fat: 31.22g (48.03%), Saturated Fat: 7.21g (45.08%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 47.72g (17.35%), Sugar: 23.95g (26.62%), Cholesterol: 107.81mg (35.94%), Sodium: 1002mg (43.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.31g (82.62%), Vitamin A: 5519.72IU (110.39%), Fiber: 15.14g (60.58%), Vitamin C: 48.62mg (58.94%), Vitamin K: 53.75µg (51.19%), Vitamin B3: 8.93mg (44.65%), Potassium: 1444.19mg (41.26%), Manganese: 0.8mg (40.1%), Vitamin B6: 0.76mg (38.23%), Vitamin B2: 0.65mg (38.22%), Folate: 137.89µg (34.47%), Iron: 5.37mg (29.84%), Copper: 0.6mg (29.78%), Vitamin E: 4.43mg (29.52%), Vitamin B1: 0.44mg (29.38%), Phosphorus: 263.59mg (26.36%), Magnesium: 94.87mg (23.72%), Vitamin

B5: 1.89mg (18.87%), Selenium: 12.92µg (18.45%), Calcium: 144.7mg (14.47%), Zinc: 1.67mg (11.11%)