



food
network

Ancho Chicken Tortilla Soup

READY IN



25 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 2 hass avocados ripe halved
- 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 for garnish
- 1.5 teaspoons paprika smoked sweet
- 2 tablespoons vegetable oil
- 1 cups water

Equipment

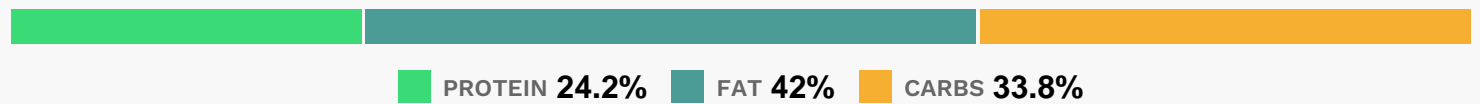
- food processor
- bowl
- baking sheet
- ladle
- oven
- pot

Directions

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

- Add the corn and saute until charred at the edges, 2 to 3 minutes. Reduce the heat a little, add the onions, jalapeno, red chile pepper and garlic. Season with cumin, smoked paprika and cinnamon.
- Saute for 5 minutes, then stir in the tomatoes. Puree the anchos and the stock in a food processor, then add it to the soup pot. Stir in the honey and the shredded chicken and season with salt and pepper, to taste. Thin the soup with 1 or 2 cups of water and simmer over low heat to combine flavors, about 5 minutes.
- Zest and juice 1 lime and add to the soup pot. Seed and dice the avocados and add to a small bowl. Dress with the juice of the remaining lime.
- Pile some crispy tortilla strips into each soup bowl. Top with diced avocado and ladle the soup over the avocado.
- Garnish with sour cream and whole or chopped cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:63.55, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:24.256087216346%

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, 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: 630.83kcal (31.54%), Fat: 30.51g (46.93%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 55.24g (18.41%), Net Carbohydrates: 43.26g (15.73%), Sugar: 18.79g (20.88%), Cholesterol: 107.81mg (35.94%), Sodium: 1025.8mg (44.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.09%), Vitamin A: 4219.34IU (84.39%), Fiber: 11.98g (47.9%), Vitamin C: 37mg (44.85%), Vitamin K: 40.43µg (38.5%), Vitamin B3: 6.81mg (34.04%), Vitamin B2: 0.51mg (30.03%), Folate: 117.72µg (29.43%), Potassium: 947.47mg (27.07%), Vitamin B6: 0.52mg (25.94%), Manganese: 0.51mg (25.6%), Vitamin B1: 0.34mg (22.45%), Iron: 4.01mg (22.29%), Phosphorus: 211.98mg (21.2%), Vitamin E: 2.59mg (17.27%), Selenium: 11.92µg (17.03%), Copper: 0.34mg (17.01%), Magnesium: 63.28mg (15.82%),

Vitamin B5: 1.46mg (14.64%), Calcium: 136.78mg (13.68%), Zinc: 1.25mg (8.33%)