



## Azteca Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 avocado chopped
- 1 tablespoon basil sliced thin (chiffonade)
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- 6 servings basil
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- 28 oz canned tomatoes drained canned
- 2 celery stalks chopped
- 1 teaspoon chili powder

- 0.5 teaspoon cumin
- 0.5 cup ears corn fresh (preferably )
- 1 tablespoon garlic chopped
- 1 jalapeno minced
- 2 teaspoons juice of lime
- 6 servings tortilla chips
- 2 tablespoons olive oil
- 2 onion chopped
- 6 servings cream sour
- 4 cups vegetable stock

## Equipment

- bowl
- sauce pan
- ladle

## Directions

- In a medium saucepan, saute garlic, onions, jalapeno pepper, and celery in the olive oil for about 5 minutes.
- Add tomato pieces, chili powder, and cumin, and cook down over medium heat for about 10 minutes, stirring often.
- Add corn, basil, reserved tomato juice, and stock, bring to a boil, then reduce heat and simmer 15 minutes. When ready to serve, remove soup from heat and stir in the lime juice and avocado. Break several nacho chips into each bowl, ladle in the soup, then top each with a spoonful of sour cream. Toss on a few basil shreds and stick a nacho chip on top.
- Serve immediately.
- Serve hot to 6 people as complete lunch – or as a substantial first course. Comments: A wonderfully tasty, quick, low calorie, and filling soup – fit for Montezuma after a hard day at the sacrificial altar.

## Nutrition Facts



■ PROTEIN 7.07% ■ FAT 46.79% ■ CARBS 46.14%

## Properties

Glycemic Index:88.17, Glycemic Load:4.81, Inflammation Score:-8, Nutrition Score:16.522608695652%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

## Taste

Sweetness: 83.28%, Saltiness: 34.46%, Sourness: 100%, Bitterness: 25.42%, Savoriness: 23.32%, Fattiness: 81.03%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 331.91kcal (16.6%), Fat: 18.42g (28.34%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 33.4g (12.15%), Sugar: 10.51g (11.68%), Cholesterol: 7.08mg (2.36%), Sodium: 909.91mg (39.56%), Protein: 6.26g (12.53%), Vitamin K: 43.65µg (41.58%), Fiber: 7.46g (29.86%), Vitamin E: 4.33mg (28.87%), Vitamin C: 23.74mg (28.78%), Vitamin A: 1145.19IU (22.9%), Manganese: 0.45mg (22.45%), Vitamin B6: 0.44mg (21.88%), Potassium: 742.07mg (21.2%), Copper: 0.38mg (19.23%), Magnesium: 74.09mg (18.52%), Folate: 65.06µg (16.26%), Phosphorus: 160.91mg (16.09%), Iron: 2.85mg (15.85%), Vitamin B3: 2.84mg (14.18%), Vitamin B1: 0.21mg (13.78%), Vitamin B5: 1.37mg (13.7%), Calcium: 113.89mg (11.39%), Vitamin B2: 0.18mg (10.59%), Zinc: 1.2mg (7.98%), Selenium: 3.16µg (4.51%)