

Azteca Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 avocados diced pitted peeled
- 4 cups chicken broth
- 1 tablespoon chipotle peppers in adobo sauce
- 10 6-inch corn tortillas cut into 1/2 inch strips ()
- 1 cup cilantro leaves fresh
- 1 large onion
- 1 tablespoon salt
- 2 large tomatoes

1.5 cups vegetable oil for frying

Equipment

food processor

bowl

paper towels

sauce pan

blender

Directions

Heat oil in large sauce pan and carefully drop in cut up tortillas. Fry until golden brown and crunchy. Cover a plate with a paper towel, place done tortillas on towel and pat dry, absorbing excess oil.

Sprinkle salt on top of tortillas, trying to coat both sides.

Using a blender or food processor, blend tomatoes, onion and cilantro until completely pureed.

In a saucepan heat chicken broth, chipotle chili and pureed vegetables. Bring to a boil and then serve. Prior to serving, add tortillas and avocado cubes to soup or place tortillas and avocado cubes into individual serving bowls. Buen provecho!

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:10.02, Inflammation Score:-8, Nutrition Score:14.580869612486%

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 Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.84mg, Quercetin:

6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 330.62kcal (16.53%), Fat: 22.47g (34.57%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 22.24g (8.09%), Sugar: 4.34g (4.83%), Cholesterol: 3.13mg (1.04%), Sodium: 1773.45mg (77.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin K: 47.27µg (45.02%), Fiber: 8.7g (34.79%), Vitamin C: 17.58mg (21.31%), Manganese: 0.42mg (21.21%), Phosphorus: 200.26mg (20.03%), Vitamin E: 2.86mg (19.08%), Folate: 71.94µg (17.99%), Potassium: 628.16mg (17.95%), Vitamin B6: 0.35mg (17.48%), Vitamin A: 787.74IU (15.75%), Magnesium: 62.09mg (15.52%), Vitamin B2: 0.23mg (13.55%), Copper: 0.27mg (13.5%), Vitamin B3: 2.58mg (12.89%), Vitamin B5: 1.09mg (10.92%), Vitamin B1: 0.15mg (10.28%), Zinc: 1.27mg (8.45%), Iron: 1.35mg (7.48%), Calcium: 63.73mg (6.37%), Selenium: 3.69µg (5.27%)