



# Chicken-and-Avocado Soup with Fried Tortillas

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 avocados ripe
- 3 cups chicken broth low-sodium homemade canned
- 3.5 tablespoons cooking oil
- 24 inch corn tortillas halved
- 1 clove garlic
- 0.3 teaspoon fresh-ground pepper black
- 1 jalapeño chile

- 1 tablespoon juice of lime
- 1 onion chopped
- 1.5 teaspoons salt
- 1 pound chicken breasts boneless skinless cut into approximately 1 1/2-by-1/4-by-1/4-inch strips ( 3)
- 0.3 teaspoon all the tabasco sauce you handle plus more to taste
- 3.5 cups water

## Equipment

- paper towels
- pot
- blender

## Directions

- In a large pot, heat 2 tablespoons of the oil over moderately high heat.
- Add the tortillas and cook, stirring frequently, until brown and crisp, 3 to 4 minutes.
- Remove the tortillas from the pot and drain on paper towels.
- In a blender, combine the garlic, jalapeo, avocados, lime juice, Tabasco, 1 1/2 cups of the water, 1/2 teaspoon of the salt, and the pepper. Puree until smooth.
- Heat the remaining 1 1/2 tablespoons oil in the pot over moderate heat.
- Add the onion and cook, stirring frequently, until translucent, about 5 minutes.
- Add the broth and the remaining 2 cups water and 1 teaspoon salt. Bring to a simmer. Stir the chicken into the pot; cook until just done, 2 to 3 minutes.
- Add the avocado puree.
- Heat through, about 2 minutes.
- Serve the soup topped with the crisp tortilla strips.
- Wine Recommendation: Rich avocados demand a full-bodied white wine. This is a great opportunity to drink one of those big, oaky California chardonnays that can overpower less flavorful foods.
- Notes: Even easier: Use broken-up tortilla chips in place of the fried tortilla strips.

## Nutrition Facts

PROTEIN 15.32% FAT 27.49% CARBS 57.19%

## Properties

Glycemic Index:52.88, Glycemic Load:82.66, Inflammation Score:-7, Nutrition Score:48.965217497038%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

## Nutrients (% of daily need)

Calories: 1356.7kcal (67.83%), Fat: 43.04g (66.22%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 201.46g (67.15%), Net Carbohydrates: 167.64g (60.96%), Sugar: 5.97g (6.64%), Cholesterol: 72.57mg (24.19%), Sodium: 1271.12mg (55.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.98g (107.95%), Phosphorus: 1673.08mg (167.31%), Fiber: 33.82g (135.29%), Vitamin B3: 22.39mg (111.95%), Vitamin B6: 2.1mg (105.21%), Magnesium: 368.88mg (92.22%), Selenium: 62.58µg (89.4%), Manganese: 1.6mg (79.97%), Potassium: 1898.84mg (54.25%), Copper: 1.01mg (50.49%), Zinc: 7.07mg (47.12%), Vitamin E: 5.76mg (38.38%), Calcium: 380.96mg (38.1%), Vitamin B1: 0.55mg (36.76%), Iron: 6.61mg (36.74%), Vitamin B5: 3.53mg (35.26%), Vitamin B2: 0.58mg (34.23%), Vitamin K: 31.07µg (29.59%), Folate: 113.54µg (28.39%), Vitamin C: 19.14mg (23.2%), Vitamin B12: 0.4µg (6.73%), Vitamin A: 230.46IU (4.61%)