



 **28%**  
HEALTH SCORE

## Chicken Tortilla Soup

 **Gluten Free**

READY IN



**70 min.**

SERVINGS



**8**

CALORIES



**813 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon chiles in adobo sauce
- 1 avocado diced
- 2 chicken breast
- 1 chipotles in adobo
- 0.5 cup cilantro leaves chopped
- 10 sprigs cilantro leaves
- 8 2-inch corn tortillas cut into 1/ wide strips
- 8 2-inch corn tortillas cut into 1/ wide strips

- 4 garlic clove peeled
- 0.3 cup jalapeno minced
- 1 lime cut into wedges
- 1 cup monterrey jack cheese shredded
- 1 poblano pepper chopped
- 1 bell pepper red chopped
- 0.5 teaspoon salt
- 1 pinch salt
- 1 cup cream sour
- 1 lb onion sweet peeled quartered
- 2 medium tomatoes cored quartered
- 8 cups chicken broth
- 1 tablespoon vegetable oil
- 2 small zucchini chopped

## Equipment

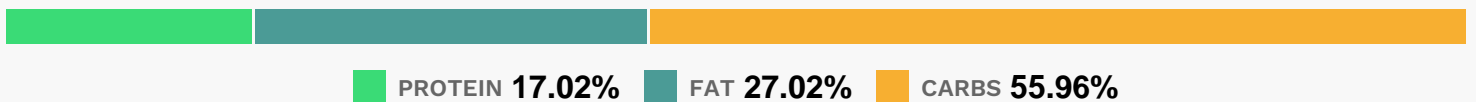
- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- ladle
- oven
- sieve
- dutch oven

## Directions

- Tortilla Strips: Preheat oven to 425 degrees.

- Spread tortilla strips on rimmed baking sheet; drizzle with oil and toss until evenly coated.
- Place in oven, rotating pan and shaking after 7 minutes.
- Bake until strips are deep golden brown and crisp.
- Transfer chips to paper towels to drain and season with salt. SOUP: In large sauce pan bring chicken, broth, 1/3 of quartered onions, 2 garlic cloves, cilantro and 1/2 teaspoon salt to boil over medium-heat; reduce heat and simmer until chicken is cooked, about 20 minutes.
- Transfer chicken to plate. Strain broth through fine-mesh strainer, discard solids in strainer. When cool enough to handle, shred chicken into bite-size pieces. Puree tomatoes, remaining onions, remaining garlic cloves, chipotle chile, and 1 teaspoon adobe sauce in food processor until smooth.
- Heat oil in dutch oven.
- Add puree and 1/8 teaspoon salt and cook, stirring frequently, until mixture has darkened in color, about 10 minutes. Stir strained broth into tomato mixture.
- Add poblano pepper, red peppers, zucchini and remaining quartered onions. Bring to a boil, then reduce heat to low and simmer to blend flavors, for about 15-20 minutes. Taste test. If desired add up to 2 teaspoons additional adobe sauce.
- Add shredded chicken and simmer until heated. To serve, place portions of tortilla strips in bowl and ladle soup. Pass garnishes separately.

## Nutrition Facts



### Properties

Glycemic Index: 52.63, Glycemic Load: 45.34, Inflammation Score: -9, Nutrition Score: 37.37956492538%

### Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

### Nutrients (% of daily need)

Calories: 813.36kcal (40.67%), Fat: 25.42g (39.11%), Saturated Fat: 8.29g (51.84%), Carbohydrates: 118.5g (39.5%), Net Carbohydrates: 100.05g (36.38%), Sugar: 9.38g (10.42%), Cholesterol: 65.69mg (21.9%), Sodium: 882.21mg (38.36%), Alcohol: Og (100%), Protein: 36.04g (72.07%), Phosphorus: 1050.94mg (105.09%), Fiber: 18.45g (73.82%), Vitamin B3: 13.75mg (68.74%), Vitamin C: 54.05mg (65.52%), Vitamin B6: 1.3mg (64.81%), Magnesium: 215.06mg (53.76%), Selenium: 35.92µg (51.31%), Manganese: 1mg (50.11%), Potassium: 1325.54mg (37.87%), Calcium: 367.24mg (36.72%), Copper: 0.64mg (32.13%), Zinc: 4.56mg (30.42%), Vitamin A: 1477IU (29.54%), Vitamin B2: 0.49mg (28.55%), Vitamin K: 27.48µg (26.17%), Iron: 4.49mg (24.95%), Vitamin B1: 0.35mg (23.31%), Folate: 75.36µg (18.84%), Vitamin B5: 1.79mg (17.91%), Vitamin E: 2.33mg (15.53%), Vitamin B12: 0.53µg (8.78%)