



Chicken Tortilla Soup with Chipotle and Fire Roasted Tomato

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups chicken stock see
- 1 pound chicken tenderloins
- 2 chipotles in adobo chopped
- 4 servings freshly cilantro leaves chopped for garnish
- 4 cups lightly corn tortilla chips crushed
- 28 ounce canned tomatoes fire roasted crushed canned
- 1 bay leaf fresh

- 4 cloves garlic chopped
- 1 lime cut into wedges
- 1 tablespoon olive oil extra-virgin
- 1 onion finely chopped
- 0.5 onion red chopped
- 4 servings salt
- 2 cups sharp cheddar smoked fresh shredded white
- 4 slices smoky center cut bacon thick chopped

Equipment

- bowl
- frying pan
- ladle
- pot
- sieve
- slotted spoon

Directions

- Bring broth to a simmer and add chicken tenders, poach 6 to 7 minutes with a bay leaf.
- While chicken poaches, heat extra-virgin olive oil in a medium soup pot or deep skillet over medium-high heat.
- Add bacon and cook until crisp then remove with slotted spoon.
- Drain off excess fat, leaving 2 to 3 tablespoons in the pan.
- Add onions and garlic to the skillet and cook 5 minutes then stir in chipotles and tomatoes.
- Remove chicken from stock, dice and then add to soup. Pass stock through a strainer then add to the soup.
- Place a pile of crushed tortilla chips in the bottom of each soup bowl. Cover liberally with smoked cheese then ladle the hot soup down over the top.
- Serve with lime, raw onions and cilantro at table to finish the soup.

Nutrition Facts

PROTEIN 18.41% FAT 48.14% CARBS 33.45%

Properties

Glycemic Index:43.75, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:36.384782563085%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 1225.19kcal (61.26%), Fat: 65.99g (101.53%), Saturated Fat: 20.59g (128.71%), Carbohydrates: 103.19g (34.4%), Net Carbohydrates: 93.46g (33.98%), Sugar: 11.07g (12.31%), Cholesterol: 158.23mg (52.74%), Sodium: 1876.06mg (81.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.78g (113.55%), Selenium: 69.23µg (98.91%), Phosphorus: 875.74mg (87.57%), Vitamin B3: 17.22mg (86.08%), Vitamin B6: 1.39mg (69.71%), Calcium: 614.63mg (61.46%), Magnesium: 158.8mg (39.7%), Fiber: 9.73g (38.92%), Vitamin B2: 0.64mg (37.84%), Vitamin E: 5.46mg (36.41%), Vitamin B5: 3.52mg (35.17%), Zinc: 5.12mg (34.14%), Vitamin B1: 0.44mg (29.49%), Potassium: 1022.73mg (29.22%), Vitamin A: 1434.25IU (28.68%), Vitamin K: 28.71µg (27.34%), Iron: 4.31mg (23.93%), Vitamin C: 14.19mg (17.21%), Vitamin B12: 1.01µg (16.76%), Copper: 0.31mg (15.48%), Folate: 48.58µg (12.14%), Manganese: 0.13mg (6.71%), Vitamin D: 0.6µg (3.98%)