

Corn Tortilla Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 ounce chicken stock see fat-free canned
- ☐ 6 ounces chicken breast shredded cooked
- ☐ 3 6-inch corn tortillas cut into 1/4-inch strips ()
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 6 lime wedges
- ☐ 2 ounces monterrey jack cheese shredded reduced-fat
- ☐ 2 onions peeled quartered

- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes cored quartered
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ To prepare soup, combine the onions and tomatoes in a blender or food processor, and process until smooth.
- ☐ Heat oil in a Dutch oven over medium-high heat until hot.
- ☐ Add the dried oregano, ground cumin, and minced garlic, and saut 10 seconds.
- ☐ Add pureed onion mixture to pan (mixture will boil vigorously), and cook 1 minute. Stir in Chicken Stock and salt; bring the mixture to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Preheat oven to 35
- ☐ To prepare toppings, place the tortilla strips in a single layer on a jelly-roll pan.
- ☐ Bake at 350 for 12 minutes or until tortilla strips are toasted.
- ☐ Ladle soup into each of 6 bowls, and top with the baked tortilla strips, shredded chicken, and cheese.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:4.26, Inflammation Score:-7, Nutrition Score:11.592608716177%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

Nutrients (% of daily need)

Calories: 231.34kcal (11.57%), Fat: 8.88g (13.66%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 18.95g (6.89%), Sugar: 6.72g (7.47%), Cholesterol: 36.48mg (12.16%), Sodium: 606.93mg (26.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin B3: 6.4mg (31.98%), Phosphorus: 226.92mg (22.69%), Selenium: 14.57µg (20.82%), Vitamin B6: 0.39mg (19.74%), Vitamin B2: 0.31mg (18.02%), Vitamin C: 14.38mg (17.44%), Potassium: 523.24mg (14.95%), Calcium: 124.28mg (12.43%), Copper: 0.22mg (11.13%), Fiber: 2.72g (10.9%), Iron: 1.88mg (10.43%), Vitamin B1: 0.15mg (10.27%), Manganese: 0.2mg (10.13%), Magnesium: 39.63mg (9.91%), Zinc: 1.4mg (9.36%), Vitamin A: 457.56IU (9.15%), Vitamin K: 8.72µg (8.3%), Folate: 30.93µg (7.73%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.57mg (3.78%), Vitamin B12: 0.16µg (2.68%)