



Gina's Hot and Spicy Tortilla Soup

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced mexican style canned
- ☐ 0.3 cup cilantro leaves roughly chopped
- ☐ 1 cup corn kernels frozen thawed
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeño diced seeded
- ☐ 2 limes
- ☐ 32 ounces chicken broth low-sodium
- ☐ 6 servings monterey jack shredded for topping

- ☐ 1 onion diced finely
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 12 ounce chicken breast diced boneless skinless
- ☐ 6 servings cup heavy whipping cream sour for topping
- ☐ 1 cup tortilla chips crushed
- ☐ 2 tablespoons vegetable oil
- ☐ 1 bell pepper diced yellow

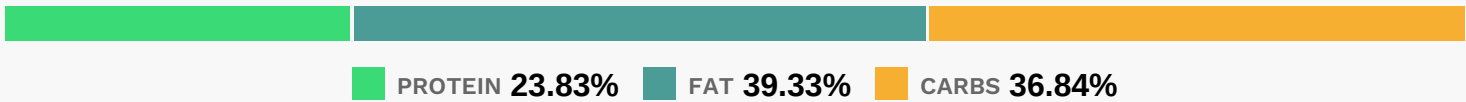
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large heavy bottomed pot, heat the oil on medium-high heat.
- ☐ Saute the onions.
- ☐ Add bell pepper, jalapenos, salt and pepper. Cook until the onions become translucent.
- ☐ Add the cumin and stir until fragrant.
- ☐ Add the chicken broth, tomatoes, corn, and 1/4 cup of the cilantro.
- ☐ Add the diced chicken and cook through for about 10 minutes. Season with salt, to taste.
- ☐ Ladle soup into bowls and divide the crushed tortilla chips between the bowls. Top with sour cream, Monterey jack cheese, cilantro, sliced avocado, and lime wedges.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:17.59173900796%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 308.19kcal (15.41%), Fat: 14.19g (21.83%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 25.77g (9.37%), Sugar: 6.25g (6.94%), Cholesterol: 44.26mg (14.75%), Sodium: 332.44mg (14.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Vitamin C: 54.74mg (66.35%), Vitamin B3: 9.56mg (47.78%), Vitamin B6: 0.67mg (33.47%), Selenium: 20.42µg (29.17%), Phosphorus: 271.62mg (27.16%), Potassium: 732.49mg (20.93%), Vitamin K: 19.17µg (18.26%), Fiber: 4.13g (16.5%), Vitamin E: 2.24mg (14.96%), Vitamin B5: 1.48mg (14.82%), Copper: 0.3mg (14.81%), Magnesium: 57.94mg (14.48%), Vitamin B2: 0.22mg (12.78%), Iron: 2.2mg (12.23%), Manganese: 0.24mg (11.93%), Vitamin B1: 0.15mg (10.03%), Folate: 35.99µg (9%), Calcium: 89.38mg (8.94%), Zinc: 1.19mg (7.95%), Vitamin A: 383.64IU (7.67%), Vitamin B12: 0.3µg (4.97%)