



Jamaican Tortilla Soup

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots chopped
- 8 teaspoons chicken soup base
- 1 cup coconut milk
- 1 tablespoon ginger fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 1 tablespoon garlic minced
- 0.3 teaspoon ground allspice
- 0.1 teaspoon ground cinnamon

- 2 limes cut into wedges
- 1 teaspoon pepper sauce hot
- 1 cup mozzarella cheese shredded
- 3 chicken breast halves boneless skinless
- 1 cup tomatoes chopped
- 2 cups fried tortilla strips crispy
- 8 cups water

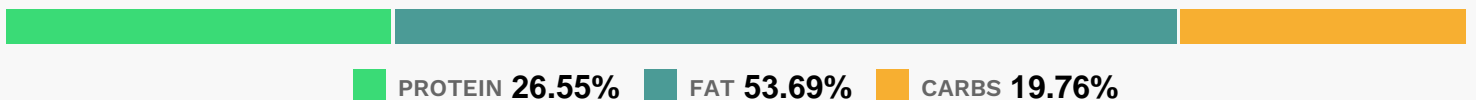
Equipment

- bowl
- ladle
- pot
- grill

Directions

- Preheat an outdoor or indoor grill for medium heat. Grill chicken breasts for 6 to 8 minutes per side, or until browned and cooked through.
- Remove from the grill, and cut into chunks.
- In a large pot, combine the chicken, water, bouillon and carrot. Season with allspice, thyme, cinnamon, ginger and garlic. Bring to a boil, then simmer over medium heat for about 10 minutes, or until carrots are tender.
- Pour in the tomato, coconut milk and hot pepper sauce.
- Heat through, but do not boil.
- Ladle into bowls, and top with shredded mozzarella cheese and tortilla strips. Squeeze juice onto soup from lime wedges.

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:11.55521745008%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 198.85kcal (9.94%), Fat: 12.16g (18.71%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.84g (3.22%), Sugar: 2.05g (2.28%), Cholesterol: 38.44mg (12.81%), Sodium: 680.8mg (29.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.06%), Vitamin A: 2951.14IU (59.02%), Vitamin B3: 4.98mg (24.92%), Selenium: 16.73µg (23.91%), Vitamin B6: 0.39mg (19.59%), Phosphorus: 184.18mg (18.42%), Manganese: 0.3mg (15.22%), Vitamin C: 10.14mg (12.29%), Calcium: 104.63mg (10.46%), Potassium: 358.09mg (10.23%), Magnesium: 36.23mg (9.06%), Iron: 1.42mg (7.91%), Vitamin B5: 0.78mg (7.84%), Copper: 0.15mg (7.46%), Vitamin B12: 0.41µg (6.83%), Vitamin B2: 0.11mg (6.42%), Zinc: 0.95mg (6.3%), Fiber: 1.23g (4.91%), Vitamin B1: 0.06mg (4.3%), Vitamin K: 4.13µg (3.93%), Folate: 14.68µg (3.67%), Vitamin E: 0.36mg (2.42%)