



Mexican Chicken Lime Soup (Sopa de Lima)

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



85 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cups corn oil
- 6 corn tortillas
- 1.3 cup onion white chopped
- 3 cloves garlic minced
- 1 habanero chile minced seeded
- 0.3 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pound tomatoes canned cored crushed peeled chopped (2 large) (or 1 cup of tomatoes)

- 2 quarts chicken stock see homemade (is best)
- 1 teaspoon oregano dried (preferably Mexican oregano if you have it)
- 1 teaspoon salt to taste (more)
- 1.5 pounds chicken thighs boneless skinless trimmed cut in half crosswise (or breasts if you prefer, we like the stronger taste of thighs)
- 0.3 cup juice of lime (from 2 to 4 limes, depending on the size)
- 1 bunch cilantro leaves roughly chopped for garnish (stems included)
- 2 avocados pitted peeled roughly chopped for garnish

Equipment

- frying pan
- baking sheet
- paper towels
- oven
- pot
- tongs

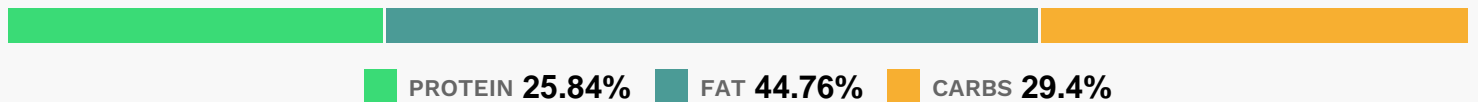
Directions

- Dry tortillas in oven, cut into strips:
- Heat oven to 350°F.
- Place tortillas in a single layer on a baking sheet and heat in the oven for 10 to 12 minutes, flipping over after the first 5 minutes. (This will help dry out the tortillas a bit before frying.)
- Remove from oven.
- Cut the tortillas into 1/4-inch wide strips.
- Pour oil into a large, thick-bottomed pot to 1/4-inch deep, about 1 to 1 1/2 cups.
- Heat the pot on medium high heat until the oil temperature reaches about 350°F or a small piece of tortilla place in the oil sizzles. If a small tester piece of tortilla burns or browns too fast, move the pan from heat to let the oil cool a bit before continuing.
- Working in batches, gently scatter a handful of tortilla strips in the hot oil. Turn with metal tongs so that the tortilla strips are separated. Cook for a few minutes or until the strips just

begin to color.

- Remove them to a paper towel lined plate.
- When I make these after I add the tortilla strips I increase the heat of the burner to compensate for the tortilla strips lowering the temperature of the oil. Once the tortilla strips start to color I lower the temperature to keep the oil from getting too hot.
- Remove all but two tablespoons of the tortilla frying oil.
- Heat on medium high.
- Add the onions and cook until translucent, about 5 minutes.
- Add the garlic, minced habanero, cinnamon, and ground cloves and cook a few minutes longer.
- Add the peeled chopped tomatoes to the onions.
- Add the stock, oregano, and chicken.
- Add one teaspoon of salt.
- Bring to a simmer and reduce the heat to maintain a low simmer.
- Cover and cook for 20 to 25 minutes, until the chicken is just cooked through.
- Remove pot from the heat.
- Remove the chicken from the pot. Using two forks, shred the chicken.
- Return shredded chicken to pot, add lime juice: Return the chicken to the soup. Stir in the lime juice.
- Add more salt, if needed, to taste.
- Serve garnished with fried tortilla strips, chopped avocado, and cilantro.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:7.96, Inflammation Score:-8, Nutrition Score:27.697391136833%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate:

0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 521.26kcal (26.06%), Fat: 26.53g (40.81%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 30.73g (11.18%), Sugar: 10.75g (11.95%), Cholesterol: 117.19mg (39.06%), Sodium: 1058.68mg (46.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.93%), Vitamin B3: 13.92mg (69.59%), Vitamin B6: 1.12mg (55.87%), Selenium: 35.31µg (50.44%), Phosphorus: 453.66mg (45.37%), Vitamin B2: 0.63mg (37.07%), Potassium: 1291.47mg (36.9%), Fiber: 8.47g (33.88%), Vitamin K: 33.06µg (31.48%), Vitamin C: 24.02mg (29.11%), Copper: 0.57mg (28.43%), Vitamin B5: 2.61mg (26.11%), Vitamin E: 3.89mg (25.91%), Magnesium: 98.49mg (24.62%), Vitamin B1: 0.36mg (24.19%), Folate: 95.44µg (23.86%), Manganese: 0.46mg (22.89%), Zinc: 3.25mg (21.64%), Iron: 3.56mg (19.8%), Vitamin B12: 0.73µg (12.1%), Calcium: 94.44mg (9.44%), Vitamin A: 416.86IU (8.34%)