



Mexican Tomato Soup

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado chopped
- 1 bay leaf
- 2 tablespoons canola oil divided
- 1.5 pounds skinned and boned chicken breasts cut into 1/2-inch-wide strips
- 6 6-inch corn tortillas ()
- 32 oz chicken broth fat-free reduced-sodium
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves

- 4 green onions thinly sliced (white part only)
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.5 cup juice of lime fresh
- 1 onion chopped
- 0.5 cup queso fresco fresh crumbled (Mexican cheese)
- 2 cups sacramento tomato juice low-sodium
- 2 medium tomatoes cored halved

Equipment

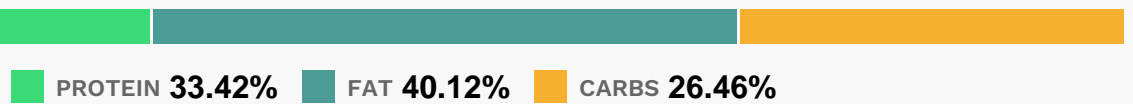
- food processor
- bowl
- frying pan
- baking sheet
- ladle
- oven
- dutch oven

Directions

- Preheat oven to 40
- Brush 1 side of tortillas with 1 Tbsp. oil; cut tortillas in half. Stack tortilla halves, and cut crosswise into 1/4-inch-wide strips. Arrange strips in a single layer on a lightly greased baking sheet. Season with salt and pepper.
- Bake 15 minutes or until golden, stirring halfway through. Cool.
- Meanwhile, heat a nonstick skillet over high heat 2 minutes.
- Add tomato halves, and cook, turning occasionally, 10 minutes or until charred on all sides. (Tomatoes may stick.)
- Transfer to a food processor.

- Saut onion in remaining 1 Tbsp. hot oil in skillet over medium heat 3 to 5 minutes or until tender.
- Add garlic; saut 2 minutes or until fragrant.
- Transfer onion mixture to food processor with tomatoes; process until smooth.
- Cook tomato mixture in a Dutch oven over medium-high heat, stirring occasionally, 5 minutes or until thickened. Stir in broth and tomato juice.
- Add bay leaf and next 3 ingredients; bring to a boil. Reduce heat to medium-low, and simmer, partially covered and stirring occasionally, 20 minutes.
- Add chicken; simmer, stirring occasionally, 5 to 7 minutes or until chicken is done.
- Discard bay leaf. Stir in green onions and next 2 ingredients. Season with salt and pepper. Divide queso fresco among 4 to 6 soup bowls; top with tortilla strips. Ladle soup into bowls. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:52.97, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:24.920434760011%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 358.87kcal (17.94%), Fat: 16.41g (25.25%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 18.94g (6.89%), Sugar: 6.08g (6.76%), Cholesterol: 81.44mg (27.15%), Sodium: 833.88mg (36.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.52%), Vitamin B3: 14.56mg (72.81%), Selenium: 43.32µg (61.88%), Vitamin B6: 1.19mg (59.63%), Phosphorus: 433.1mg (43.31%), Vitamin C: 34.65mg (42%), Vitamin K: 34.83µg (33.18%), Potassium: 1050.6mg (30.02%), Vitamin B5: 2.62mg (26.16%), Fiber: 5.41g (21.64%), Vitamin A: 1023.04IU (20.46%), Magnesium: 81.38mg (20.35%), Folate: 69.24µg (17.31%), Manganese:

0.34mg (16.92%), Vitamin B2: 0.29mg (16.83%), Vitamin E: 2.44mg (16.26%), Vitamin B1: 0.21mg (13.78%), Copper: 0.26mg (13.23%), Calcium: 127.19mg (12.72%), Zinc: 1.82mg (12.13%), Iron: 1.94mg (10.75%), Vitamin B12: 0.64µg (10.73%), Vitamin D: 0.16µg (1.07%)