



 **64%**  
HEALTH SCORE

## Mexican Tortilla Chicken Soup

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



1237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocados diced pitted peeled halved
- 2 bay leaves
- 1 teaspoon peppercorns whole black
- 4 servings canola oil for pan-frying
- 2 carrots cut in large chunks
- 3 celery stalks cut in large chunks
- 8 8-inch corn tortillas cut into 1/-thick strips
- 0.5 cup cilantro leaves fresh coarsely chopped for garnish

- 0.3 bunch thyme leaves fresh
- 1 head garlic halved
- 2 garlic cloves minced
- 1 cup jack cheese shredded
- 2 jalapeños minced seeded
- 1 lime for serving cut in wedges,
- 2 tablespoons olive oil extra-virgin
- 4 servings salt and pepper black freshly ground
- 1.5 cups meat from a rotisserie chicken shredded cooked
- 3 medium tomatoes ripe chopped
- 1 turnip halved
- 2 medium onions diced white
- 2 large onions white quartered
- 3.5 pounds meat from a rotisserie chicken whole free-range rinsed

## Equipment

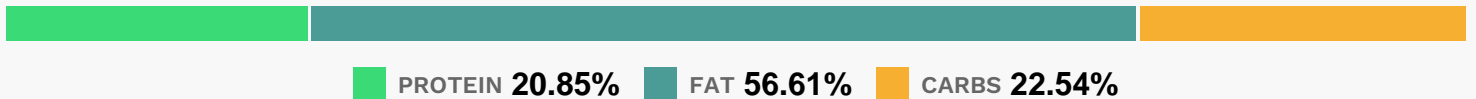
- bowl
- frying pan
- paper towels
- ladle
- pot
- sieve
- cutting board

## Directions

- Place a stockpot over medium heat and coat with 2 tablespoons of the olive oil.
- Add the onions, garlic, jalapenos, and tomatoes; cook, stirring for 15 minutes until the vegetables are cooked down and pulpy.
- Pour in the stock, season with salt and pepper, and simmer for 20 minutes.

- Meanwhile, heat 1-inch of canola oil in a skillet over medium-high flame. When the oil begins to smoke, add the tortilla strips in batches and fry until they are crisp on all sides.
- Remove to a paper towel-lined platter and sprinkle with salt while they are still hot.
- Ladle the hot soup into 4 soup bowls and put a pile of shredded chicken on top of each. Top with the diced avocado and fried tortilla strips (and cheese if using).
- Garnish with cilantro and serve with lime wedges.
- Place the chicken and vegetables in a large stockpot over medium heat.
- Pour in only enough cold water to cover (about 3 quarts); too much will make the broth taste weak. Toss in the thyme, bay leaves, and peppercorns, and allow it to slowly come to a boil. Lower the heat to medium-low and gently simmer for 1 to 1 1/2 hours, partially covered, until the chicken is done. As it cooks, skim any impurities that rise to the surface; add a little more water if necessary to keep the chicken covered while simmering.
- Carefully remove the chicken to a cutting board. When it's cool enough to handle, discard the skin and bones; hand-shred the meat into a storage container.
- Carefully strain the stock through a fine sieve into another pot to remove the vegetable solids. Use the stock immediately or if you plan on storing it, place the pot in a sink full of ice water and stir to cool down the stock. Cover and refrigerate for up to one week or freeze.

## Nutrition Facts



## Properties

Glycemic Index:156.58, Glycemic Load:23.35, Inflammation Score:-10, Nutrition Score:51.378260405167%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg, Isorhamnetin: 6.51mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 28.63mg, Quercetin: 28.63mg, Quercetin: 28.63mg, Quercetin: 28.63mg

## Nutrients (% of daily need)

Calories: 1237.15kcal (61.86%), Fat: 79.37g (122.1%), Saturated Fat: 19.19g (119.93%), Carbohydrates: 71.11g (23.7%), Net Carbohydrates: 53.32g (19.39%), Sugar: 12.77g (14.19%), Cholesterol: 207.4mg (69.13%), Sodium: 442.28mg (19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.78g (131.57%), Vitamin A: 6774.75IU (135.49%), Vitamin B3: 21.42mg (107.12%), Phosphorus: 910.23mg (91.02%), Vitamin B6: 1.79mg (89.48%), Selenium: 52.01µg (74.3%), Vitamin C: 60.45mg (73.27%), Fiber: 17.79g (71.17%), Vitamin K: 61.31µg (58.39%), Manganese: 1.13mg (56.62%), Potassium: 1808.24mg (51.66%), Vitamin E: 7.51mg (50.05%), Magnesium: 181.2mg (45.3%), Zinc: 6.53mg (43.51%), Vitamin B5: 4.32mg (43.18%), Vitamin B2: 0.7mg (41.42%), Calcium: 404.31mg (40.43%), Folate: 159.66µg (39.92%), Copper: 0.65mg (32.6%), Vitamin B1: 0.45mg (29.87%), Iron: 5.32mg (29.55%), Vitamin B12: 0.98µg (16.29%), Vitamin D: 0.55µg (3.67%)