



## Pressure Cooker Tortilla Soup

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 32 fluid ounce chicken stock see
- 1 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 tablespoon ground pepper black
- 1 cup heavy whipping cream
- 4 ounce roasted jalapeno peppers diced canned
- 2 large onions chopped
- 8 ounce queso quesadilla shredded white ( Mexican cheese)

- 12 ounce roasted peppers red drained chopped
- 10 servings salt to taste
- 1 cup cup heavy whipping cream sour
- 4 cups tomatoes diced
- 14.5 ounce tortilla chips
- 2 tablespoons vegetable oil

## Equipment

- bowl
- blender
- pressure cooker

## Directions

- Heat vegetable oil in pressure cooker over medium heat; cook and stir onions until slightly softened, 5 to 8 minutes.
- Add red peppers, jalapeno peppers, garlic, black pepper, and salt; cook until garlic is fragrant and onions are softened, about 5 more minutes. Stir tomatoes into onion mixture and cook until warmed, about 1 minute.
- Transfer tomato mixture to a blender. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.
- Transfer tomato puree back to pressure cooker.
- Stir chicken stock into tomato puree; cook and stir over high heat until just boiling, about 5 minutes. Cover and lock pressure cooker. Cook over high heat until steam begins to build and steadily escapes. Lower heat to medium-low; cook for 20 more minutes.
- Remove from heat; allow all the steam to naturally release.
- Remove lid.
- Bring soup to a boil; stir in cream and cilantro.
- Remove from heat.
- Let cool for 5 minutes.

Crush tortilla chips into serving bowls; pour soup over tortilla chips. Top with sour cream and queso quesadilla.

## Nutrition Facts

**PROTEIN 10.85%** **FAT 56.58%** **CARBS 32.57%**

### Properties

Glycemic Index:19.1, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:14.700434871342%

### Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

### Nutrients (% of daily need)

Calories: 485.86kcal (24.29%), Fat: 31.41g (48.32%), Saturated Fat: 13.39g (83.66%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 36.3g (13.2%), Sugar: 6.62g (7.36%), Cholesterol: 67.57mg (22.52%), Sodium: 1062.04mg (46.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.11%), Vitamin C: 40.72mg (49.36%), Vitamin A: 1404.71IU (28.09%), Calcium: 279.91mg (27.99%), Vitamin K: 27.76µg (26.44%), Vitamin E: 2.79mg (18.59%), Phosphorus: 184.25mg (18.43%), Fiber: 4.37g (17.49%), Vitamin B6: 0.35mg (17.43%), Magnesium: 58.8mg (14.7%), Potassium: 505.93mg (14.46%), Vitamin B2: 0.23mg (13.77%), Manganese: 0.26mg (13.18%), Vitamin B3: 2.62mg (13.12%), Copper: 0.21mg (10.33%), Vitamin B1: 0.15mg (10.08%), Folate: 36.24µg (9.06%), Selenium: 5.84µg (8.34%), Iron: 1.48mg (8.23%), Vitamin B5: 0.78mg (7.83%), Zinc: 1.08mg (7.21%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.09µg (1.44%)