



Smoky Chicken Tortilla Soup with Chipotle and Fire Roasted Tomato

 **Gluten Free**

READY IN



27 min.

SERVINGS



4

CALORIES



1225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups chicken stock see
- 1 pound chicken tenderloins
- 2 chipotles in adobo chopped
- 4 cups tortilla chips crushed
- 28 ounce canned tomatoes fire roasted crushed canned
- 1 bay leaf fresh
- 4 servings cilantro leaves fresh chopped for garnish

- 4 garlic cloves chopped
- 1 lime cut into wedges
- 1 tablespoon olive oil extra-virgin
- 1 onion finely chopped
- 0.5 onion red chopped
- 4 servings salt
- 2 cups sharp cheddar cheese smoked fresh shredded white
- 4 slices smoky center cut bacon thick chopped

Equipment

- bowl
- frying pan
- ladle
- pot
- sieve
- slotted spoon

Directions

- Bring the broth to a simmer and add the chicken tenders, poach them for 6 to 7 minutes with a bay leaf.
- While the chicken poaches, heat the extra-virgin olive oil in a medium soup pot or deep skillet over medium high heat.
- Add the bacon and cook it until crisp then remove it with a slotted spoon.
- Drain off the excess fat, leaving 2 to 3 tablespoons in the pan.
- Add the onions and garlic to the skillet and cook them for 5 minutes then stir in chipotles and tomatoes.
- Remove the chicken from the stock, dice it then add it to the soup. Pass the stock through a strainer then add it to the soup.
- Place a pile of crushed tortilla chips in the bottom of each soup bowl. Cover it liberally with smoked cheese then ladle the hot soup down over the top.

Serve it with lime, raw onions and cilantro at table to finish the soup.

Nutrition Facts

PROTEIN 18.41% **FAT 48.14%** **CARBS 33.45%**

Properties

Glycemic Index:43.75, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:36.384782563085%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 1225.19kcal (61.26%), Fat: 65.99g (101.53%), Saturated Fat: 20.59g (128.71%), Carbohydrates: 103.19g (34.4%), Net Carbohydrates: 93.46g (33.98%), Sugar: 11.07g (12.31%), Cholesterol: 158.23mg (52.74%), Sodium: 1876.06mg (81.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.78g (113.55%), Selenium: 69.23µg (98.91%), Phosphorus: 875.74mg (87.57%), Vitamin B3: 17.22mg (86.08%), Vitamin B6: 1.39mg (69.71%), Calcium: 614.63mg (61.46%), Magnesium: 158.8mg (39.7%), Fiber: 9.73g (38.92%), Vitamin B2: 0.64mg (37.84%), Vitamin E: 5.46mg (36.41%), Vitamin B5: 3.52mg (35.17%), Zinc: 5.12mg (34.14%), Vitamin B1: 0.44mg (29.49%), Potassium: 1022.73mg (29.22%), Vitamin A: 1434.25IU (28.68%), Vitamin K: 28.71µg (27.34%), Iron: 4.31mg (23.93%), Vitamin C: 14.19mg (17.21%), Vitamin B12: 1.01µg (16.76%), Copper: 0.31mg (15.48%), Folate: 48.58µg (12.14%), Manganese: 0.13mg (6.71%), Vitamin D: 0.6µg (3.98%)