



Spanish Fiesta Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 10 servings toppings: chicken shredded cooked chopped
- 64 ounce chicken broth
- 1 teaspoon chili powder
- 6 6-inch corn tortillas ()
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic cloves chopped
- 1.5 teaspoons ground cumin

- 2 tablespoons old bay seasoning
- 1 onion spanish chopped
- 0.3 teaspoon pepper
- 4 plum tomatoes peeled chopped
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- food processor
- baking sheet
- sauce pan
- oven
- wire rack
- blender

Directions

- Cut tortillas into 1/2-inch strips; place on an ungreased baking sheet.
- Bake at 350 for 10 minutes or until crisp; remove to a wire rack to cool. Reserve one third of strips.
- Saut garlic and onion in hot oil in a large saucepan over medium-high heat until tender.
- Add remaining tortilla strips, tomato, and next 6 ingredients; bring to a boil. Reduce heat, and simmer, stirring occasionally, 30 minutes.
- Remove and discard bay leaves. Cool slightly.
- Process soup, in batches, in a blender or food processor until smooth, stopping to scrape down sides. Return soup to saucepan, and cook over medium heat, stirring occasionally, until thoroughly heated. Stir in salt and pepper.
- Serve with desired toppings and reserved tortilla strips.

Nutrition Facts



■ PROTEIN 45.19% ■ FAT 34.27% ■ CARBS 20.54%

Properties

Glycemic Index:21.45, Glycemic Load:3.59, Inflammation Score:-4, Nutrition Score:11.191739154899%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 213.42kcal (10.67%), Fat: 8.05g (12.38%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 9.15g (3.33%), Sugar: 2.09g (2.32%), Cholesterol: 67.38mg (22.46%), Sodium: 807.92mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.74%), Vitamin B3: 7.56mg (37.8%), Selenium: 22.89µg (32.7%), Phosphorus: 233.57mg (23.36%), Vitamin B6: 0.44mg (22.18%), Vitamin B2: 0.26mg (15.03%), Manganese: 0.28mg (14.15%), Zinc: 1.74mg (11.63%), Iron: 1.98mg (11.02%), Vitamin K: 11.52µg (10.97%), Potassium: 350.7mg (10.02%), Magnesium: 38.27mg (9.57%), Vitamin B5: 0.9mg (9.03%), Vitamin B1: 0.13mg (8.41%), Fiber: 1.7g (6.79%), Vitamin A: 336.75IU (6.74%), Copper: 0.13mg (6.68%), Vitamin C: 4.64mg (5.63%), Calcium: 48.63mg (4.86%), Vitamin B12: 0.28µg (4.71%), Vitamin E: 0.46mg (3.09%), Folate: 12.15µg (3.04%)