



 **65%**
HEALTH SCORE

Spicy Tortilla Soup

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

READY IN



20 min.

SERVINGS



4

CALORIES



1270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe cubed peeled
- 64 ounce cans chicken broth low-sodium canned
- 9 ounce corn tortillas soft
- 2 ears grilled corn
- 8 ounces feta cheese fresh white crumbled
- 0.5 cup cilantro leaves fresh
- 2 medium jalapeños sliced
- 1 juice of lime

- 1 large onion red coarsely chopped
- 4 pound roasted chicken
- 2 large tomatoes diced

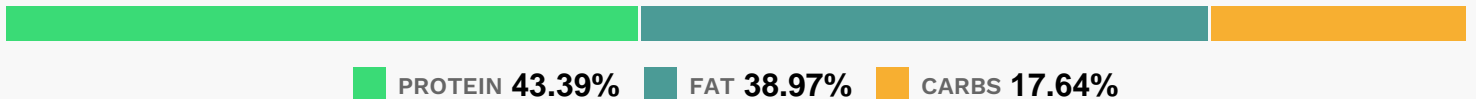
Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- colander

Directions

- Heat oven to 350 F.
- Cut the tortillas into 1/2-inch strips. Arrange on a baking sheet and bake 8 to 10 minutes or until crispy.
- In a large saucepan, simmer the chicken broth, bones, and meat for 20 minutes. Strain the broth through a colander into another saucepan. When the bones are cool enough to handle, pick off any meat and add it to the broth. Stir in the red onion, tomatoes, jalapenos, and lime juice.
- Heat about 5 minutes.
- Cut the corn from the cobs and add it to the soup. Divide the tortilla strips among 4 bowls. Ladle in the soup and top with cilantro, avocado, and cheese.

Nutrition Facts



Properties

Glycemic Index:61.63, Glycemic Load:14.89, Inflammation Score:-9, Nutrition Score:50.524782709453%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 1270.23kcal (63.51%), Fat: 55.05g (84.69%), Saturated Fat: 18.11g (113.21%), Carbohydrates: 56.06g (18.69%), Net Carbohydrates: 45.93g (16.7%), Sugar: 8.29g (9.21%), Cholesterol: 390.66mg (130.22%), Sodium: 1168.54mg (50.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 137.92g (275.84%), Vitamin B3: 45.85mg (229.23%), Selenium: 124.64µg (178.06%), Phosphorus: 1498.17mg (149.82%), Vitamin B6: 2.6mg (129.86%), Vitamin B2: 1.45mg (85.11%), Zinc: 10.57mg (70.48%), Potassium: 2240.2mg (64.01%), Vitamin B5: 6.2mg (62.05%), Magnesium: 202.64mg (50.66%), Iron: 8.47mg (47.04%), Vitamin B12: 2.73µg (45.45%), Calcium: 429.35mg (42.94%), Vitamin C: 33.68mg (40.82%), Fiber: 10.13g (40.51%), Copper: 0.8mg (40.01%), Vitamin B1: 0.58mg (38.95%), Folate: 126.37µg (31.59%), Vitamin A: 1556.78IU (31.14%), Manganese: 0.6mg (30.08%), Vitamin K: 26.55µg (25.28%), Vitamin E: 2.17mg (14.44%), Vitamin D: 0.23µg (1.51%)