



Spicy Tortilla Soup with Shrimp and Avocado

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound avocado diced
- 1 ounce lightly baked tortilla chips crushed
- 1 tablespoon chipotle chile canned minced
- 15 ounce canned tomatoes diced undrained canned
- 0.3 cup carrots chopped
- 0.3 cup prechopped celery
- 1 teaspoon chili powder
- 2 teaspoons garlic minced

- 1 teaspoon ground cumin
- 15 ounce hominy white rinsed drained canned
- 1 tablespoon juice of lime fresh
- 4 cups lower-sodium chicken broth fat-free
- 1 tablespoon olive oil
- 1 cup prechopped onion
- 0.1 teaspoon salt
- 12 ounces shrimp deveined peeled

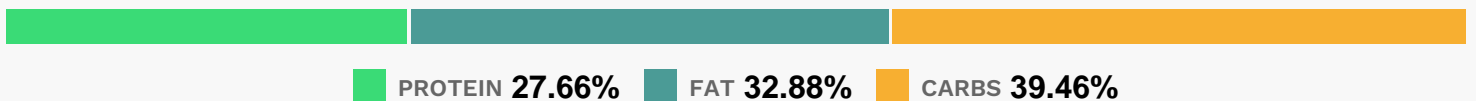
Equipment

- bowl
- frying pan
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat.
- Add oil to pan; swirl to coat.
- Add onion and next 6 ingredients (through garlic); cook 6 minutes or until carrot is crisp-tender, stirring occasionally.
- Add broth, hominy, and tomatoes; bring to a boil. Cover and cook 6 minutes, stirring occasionally.
- Add shrimp; cook 2 minutes or until shrimp are done.
- Remove from heat; stir in juice and salt. Divide shrimp mixture evenly among 4 bowls; top evenly with chips and avocado.
- Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:16.299565315247%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 369.87kcal (18.49%), Fat: 13.88g (21.36%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 28.07g (10.21%), Sugar: 7.5g (8.34%), Cholesterol: 136.93mg (45.64%), Sodium: 1203.2mg (52.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Vitamin A: 2493.82IU (49.88%), Fiber: 9.41g (37.65%), Potassium: 1151.92mg (32.91%), Phosphorus: 295.4mg (29.54%), Copper: 0.52mg (25.91%), Magnesium: 79.55mg (19.89%), Zinc: 2.87mg (19.14%), Vitamin K: 18.88µg (17.98%), Vitamin C: 13.08mg (15.86%), Iron: 2.79mg (15.51%), Manganese: 0.31mg (15.48%), Folate: 61.39µg (15.35%), Calcium: 140.74mg (14.07%), Vitamin E: 2.1mg (14.02%), Vitamin B6: 0.27mg (13.27%), Vitamin B5: 1.07mg (10.68%), Vitamin B2: 0.13mg (7.66%), Selenium: 5.12µg (7.31%), Vitamin B3: 1.33mg (6.63%), Vitamin B1: 0.09mg (6.15%)