



Tomato-Tortilla Soup

READY IN



53 min.

SERVINGS



4

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 ounce tomatoes diced with juice no salt added canned
- ☐ 1 tablespoon canola oil
- ☐ 2 6-inch corn tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 small jalapeno seeded finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat

- ☐ 4 cups chicken broth low-sodium
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.3 teaspoon salt

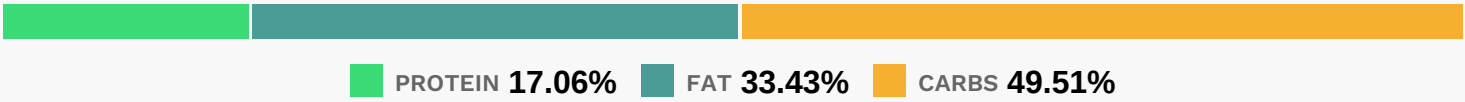
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Brush both sides of each tortilla with oil, using 1 tablespoon of the oil.
- ☐ Cut the tortillas in half, then cut each half into 1/4-inch wide strips. Arrange the strips on a baking sheet, sprinkle with the salt, and bake until crisp and golden, about 12 minutes.
- ☐ Remove from oven and set aside.
- ☐ Heat the remaining 1 teaspoons of oil in a large heavy skillet over medium heat.
- ☐ Add the onion and cook for 5 minutes, stirring occasionally, until onion is soft and translucent.
- ☐ Add the garlic, jalapeno, cumin, and oregano and cook for 1 minute more.
- ☐ Add the broth and tomatoes, bring to a boil, then reduce the heat to low and simmer for about 10 minutes. Stir in lime juice.
- ☐ Remove the pan from the heat and puree with an immersion blender or in 2 batches in a regular blender until the soup lightens in color but chunks of tomato remain, about 30 seconds.
- ☐ Serve the soup topped with the tortilla strips, a dollop of sour cream, and a sprinkle of cilantro.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:3.58, Inflammation Score:-7, Nutrition Score:12.866956552734%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 178.22kcal (8.91%), Fat: 7.28g (11.2%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 20.29g (7.38%), Sugar: 7.49g (8.32%), Cholesterol: 5.03mg (1.68%), Sodium: 257.85mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Vitamin C: 31.62mg (38.32%), Vitamin B3: 5.07mg (25.35%), Potassium: 751.55mg (21.47%), Vitamin B6: 0.38mg (19.13%), Iron: 3.27mg (18.19%), Phosphorus: 181.71mg (18.17%), Manganese: 0.33mg (16.42%), Copper: 0.32mg (15.95%), Fiber: 3.97g (15.89%), Vitamin E: 2.35mg (15.65%), Vitamin B2: 0.23mg (13.6%), Calcium: 130.18mg (13.02%), Vitamin K: 12.44µg (11.85%), Magnesium: 44.9mg (11.22%), Vitamin B1: 0.14mg (9.47%), Folate: 29.85µg (7.46%), Vitamin A: 360.38IU (7.21%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.3µg (4.94%), Vitamin B5: 0.35mg (3.52%), Selenium: 2µg (2.86%)