



## Tortilla-Chipotle Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15 ounce canned tomatoes diced canned
- 1 tablespoon chipotle chiles in adobo sauce chopped
- 3 servings cream and cilantro fresh sour chopped for topping
- 2 cloves garlic chopped
- 3 servings kosher salt
- 2.5 cups chicken broth low-sodium
- 1 small onion red chopped
- 1 tablespoon tequila

- 0.5 cup lightly tortilla chips whole crushed for topping
- 1 tablespoon vegetable oil

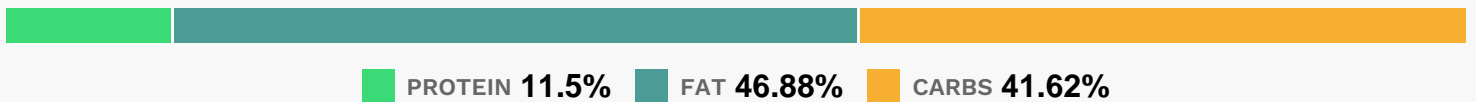
## Equipment

- bowl
- sauce pan
- blender

## Directions

- Heat the vegetable oil in a medium saucepan over medium heat.
- Add the red onion and garlic and cook, stirring occasionally, until the onion is soft, about 4 minutes.
- Add the chipotles, tomatoes and chicken broth and bring to a simmer over medium-high heat.
- Add the crushed chips and tequila; reduce the heat and simmer 10 minutes.
- Transfer the soup to a blender and puree until smooth. Season with salt.
- Pour into small bowls (or shot glasses); top each with sour cream, cilantro and a whole chip.

## Nutrition Facts



## Properties

Glycemic Index:36.67, Glycemic Load:3.85, Inflammation Score:-6, Nutrition Score:12.747391363849%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

## Nutrients (% of daily need)

Calories: 290.9kcal (14.54%), Fat: 15.54g (23.91%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 26.14g (9.51%), Sugar: 8.99g (9.99%), Cholesterol: 16.95mg (5.65%), Sodium: 508.72mg

(22.12%), Alcohol: 1.67g (100%), Alcohol %: 0.5% (100%), Protein: 8.58g (17.15%), Vitamin B3: 4.65mg (23.27%), Copper: 0.4mg (20.07%), Vitamin C: 16.47mg (19.96%), Potassium: 695.28mg (19.87%), Vitamin E: 2.97mg (19.77%), Fiber: 4.89g (19.57%), Vitamin K: 20.52µg (19.54%), Manganese: 0.34mg (17.08%), Vitamin B6: 0.34mg (17.03%), Phosphorus: 170.08mg (17.01%), Iron: 2.8mg (15.54%), Magnesium: 51.64mg (12.91%), Vitamin B2: 0.19mg (10.98%), Vitamin A: 527IU (10.54%), Vitamin B1: 0.16mg (10.49%), Calcium: 98.45mg (9.85%), Vitamin B5: 0.72mg (7.16%), Folate: 28.35µg (7.09%), Zinc: 0.97mg (6.45%), Selenium: 2.61µg (3.73%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.24µg (1.6%)