

Tortilla Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



277 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounces canned tomatoes whole undrained canned
- 0.3 cup canola oil
- 20 ounces chicken broth undiluted canned
- 0.5 teaspoon chili powder
- 6 6-inch corn tortillas (es)
- 1 tablespoon cilantro leaves fresh minced
- 1 garlic clove
- 0.3 teaspoon ground coriander

- 0.3 teaspoon ground cumin
- 4 servings monterrey jack cheese shredded
- 1 small onion quartered
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 servings cream sour
- 1 medium tomatoes quartered

Equipment

- bowl
- paper towels
- sauce pan
- ladle
- blender

Directions

- Place the tomatoes, onion and garlic in a blender; cover and process until smooth.
- Transfer to a large saucepan.
- Add chicken broth and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes.
- Meanwhile, cut tortillas into 1/4-in. strips; fry in hot oil until crisp and brown.
- Drain on paper towels. Ladle soup into bowls; top with tortilla strips, sour cream and cheese.

Nutrition Facts



PROTEIN 6.97% **FAT 57.11%** **CARBS 35.92%**

Properties

Glycemic Index:60.38, Glycemic Load:8.31, Inflammation Score:-6, Nutrition Score:10.413478282807%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 277.18kcal (13.86%), Fat: 18.34g (28.22%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 21.64g (7.87%), Sugar: 5.31g (5.9%), Cholesterol: 10.81mg (3.6%), Sodium: 992.52mg (43.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin E: 3.61mg (24.08%), Manganese: 0.37mg (18.41%), Vitamin C: 15.14mg (18.35%), Phosphorus: 176.28mg (17.63%), Fiber: 4.32g (17.27%), Vitamin K: 16.36µg (15.58%), Vitamin B6: 0.26mg (13.12%), Magnesium: 48.69mg (12.17%), Vitamin B2: 0.2mg (11.91%), Potassium: 412.78mg (11.79%), Vitamin A: 541.87IU (10.84%), Iron: 1.85mg (10.29%), Calcium: 99.73mg (9.97%), Copper: 0.19mg (9.32%), Vitamin B3: 1.86mg (9.31%), Vitamin B1: 0.14mg (9.1%), Zinc: 0.93mg (6.23%), Selenium: 3.93µg (5.61%), Folate: 18.91µg (4.73%), Vitamin B5: 0.27mg (2.73%), Vitamin B12: 0.06µg (1.03%)