



## Tortilla Soup

READY IN



40 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 medium bell pepper chopped
- 4 cups vegetable stock (or vegetable broth)
- 1 chipotle sauce (dried with warm water) chopped
- 1 teaspoon cilantro leaves chopped
- 2 chicken breast strips/pre-cooked/chopped cooked chopped
- 2 teaspoons cumin
- 6 small flour tortilla (or corn)
- 1 tablespoon garlic minced
- 2 medium jalapeno chopped (seed if you don't want heat)

- 1 tablespoon juice of lime
- 2 tablespoons cup heavy whipping cream (or cream)
- 1 tablespoon cooking oil
- 0.5 cup onion chopped
- 1.5 teaspoons oregano dried
- 1 tablespoon chili powder red
- 1 teaspoon salt to taste ()
- 1 tablespoon cream sour
- 3 medium tomatoes diced
- 1 tablespoon vegetable oil

## Equipment

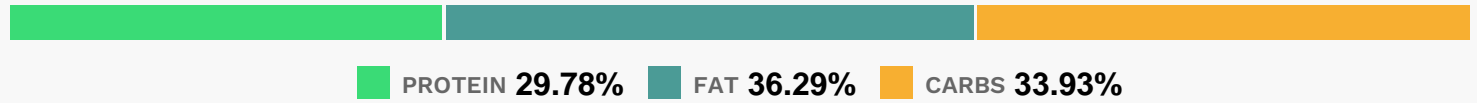
- bowl
- ladle
- pot
- blender

## Directions

- Heat 1 tablespoon of oil in a large soup pot.
- Add onion and cook until softened.
- Add garlic, cook 30 seconds.
- Add all chopped peppers cook until soft.
- Add cumin, oregano, red chili pepper, tomatoes.
- Add stock. Bring mixture to a simmer and cook 10 minutes. Puree the soup in blender.
- Add pureed soup back to soup pot.
- Add chopped chicken to mixture. Simmer this for 10 minutes.
- Add milk, and stir until heated through. Stir in the lime juice. Taste for seasoning, add salt as needed.

Cut tortillas into 1/4 inch strips and fry them in 1 tablespoons of oil.To serve, ladle soup into 4 soup bowls.Top with tortilla strips, sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:70, Glycemic Load:10.4, Inflammation Score:-10, Nutrition Score:26.756087038828%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

## Nutrients (% of daily need)

Calories: 439.21kcal (21.96%), Fat: 17.8g (27.39%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 31.93g (11.61%), Sugar: 9.81g (10.9%), Cholesterol: 83.35mg (27.78%), Sodium: 1962.58mg (85.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.75%), Vitamin C: 62.44mg (75.68%), Vitamin B3: 15.07mg (75.37%), Vitamin A: 3045.52IU (60.91%), Selenium: 35.05µg (50.07%), Vitamin B6: 0.84mg (42.02%), Phosphorus: 348.6mg (34.86%), Vitamin K: 29.62µg (28.21%), Manganese: 0.55mg (27.44%), Vitamin B1: 0.37mg (24.56%), Iron: 4.3mg (23.91%), Vitamin E: 3.37mg (22.46%), Fiber: 5.52g (22.08%), Folate: 82.32µg (20.58%), Potassium: 694.24mg (19.84%), Vitamin B2: 0.33mg (19.18%), Magnesium: 61.92mg (15.48%), Calcium: 135.74mg (13.57%), Vitamin B5: 1.2mg (11.97%), Zinc: 1.58mg (10.56%), Copper: 0.2mg (10.09%), Vitamin B12: 0.31µg (5.18%), Vitamin D: 0.21µg (1.37%)