

## Tortilla Soup

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



1131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounce tomato sauce canned
- 28 ounce canned tomatoes canned
- 1 pound chicken breast tenders
- 3 cups chicken stock see
- 1 medium to 2 chipotle peppers in adobo sauce spanish hot chopped canned (medium to heat level)
- 3 ears corn on the cob
- 4 servings corn oil for drizzling, plus 2 tablespoons -- 2 turns of the pot in a slow stream
- 4 cups tortilla chips blue

- 3 cloves garlic chopped
- 1 teaspoon ground cumin
- 1 juice of lemon diced with the juice of 1/2 lemon ripe
- 1 medium skinned onion yellow chopped
- 2 tablespoons parsley leaves chopped
- 1 cup pepper jack cheese shredded
- 1 teaspoon poultry seasoning
- 1 bell pepper split red seeded
- 0.3 onion raw red chopped
- 4 servings salt and pepper
- 0.5 cup cup heavy whipping cream sour
- 1 small zucchini small to medium

## Equipment

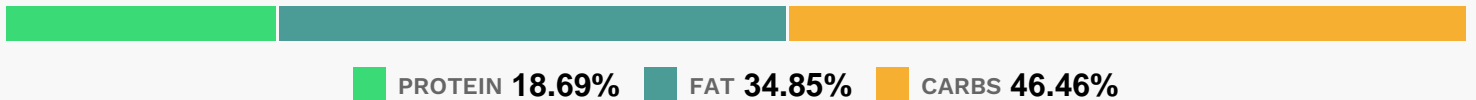
- pot
- grill
- grill pan

## Directions

- Watch how to make this recipe.
- Heat a grill pan to high and a soup pot to medium-high.
- Drizzle oil on corn and place on grill pan.
- Add red pepper to grill with corn. Char vegetables 10 minutes, total, turning occasionally.
- Remove to cool, 5 minutes.
- Remove charred skin from the pepper.
- While vegetables cook, dice chicken.
- Add 2 tablespoons oil to hot soup pot.
- Add chicken to pot. Season with poultry seasoning, cumin, salt and pepper. Lightly brown the chicken.

- Add zucchini, onions, garlic and chipotle peppers. Cook vegetables with chicken 5 to 7 minutes to soften.
- Add tomatoes, tomato sauce and stock. Bring soup to a bubble, reduce heat to medium low.
- Scrape corn off cob and add to soup. Chop grilled red pepper and stir into soup.
- Add chips to soup in handfuls and fold in.
- Serve soup immediately with scatter of shredded cheese and a dollop of sour cream. Top with any or all of the suggested garnishes.

## Nutrition Facts



### Properties

Glycemic Index:80.75, Glycemic Load:10.38, Inflammation Score:-10, Nutrition Score:57.033043306807%

### Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

### Nutrients (% of daily need)

Calories: 1130.7kcal (56.54%), Fat: 45.56g (70.09%), Saturated Fat: 13.25g (82.82%), Carbohydrates: 136.68g (45.56%), Net Carbohydrates: 118.74g (43.18%), Sugar: 23.79g (26.43%), Cholesterol: 120.08mg (40.03%), Sodium: 1729.46mg (75.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.97g (109.93%), Vitamin A: 7038.59IU (140.77%), Vitamin C: 90.53mg (109.73%), Vitamin B3: 21.56mg (107.8%), Vitamin B6: 1.92mg (96.02%), Phosphorus: 922.81mg (92.28%), Selenium: 53.42µg (76.31%), Vitamin K: 77.82µg (74.12%), Fiber: 17.94g (71.78%), Magnesium: 256.08mg (64.02%), Potassium: 2231.89mg (63.77%), Vitamin E: 8.42mg (56.13%), Calcium: 504.01mg (50.4%), Manganese: 1mg (50.11%), Vitamin B1: 0.74mg (49.49%), Vitamin B2: 0.83mg (48.84%), Vitamin B5: 4.72mg (47.22%), Iron: 8.19mg (45.48%), Copper: 0.86mg (42.84%), Folate: 152.43µg (38.11%), Zinc: 5.14mg (34.26%), Vitamin B12: 0.52µg (8.69%), Vitamin D: 0.28µg (1.89%)