



Tortilla Soup

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ancho chile peppers dried
- 1 avocado diced
- 2 bay leaves
- 28 ounce canned tomatoes canned
- 1 to 2 grilled chicken breasts sliced
- 1 tablespoon coriander seeds
- 4 corn tortillas cut into strips and fried
- 6 servings cilantro leaves fresh

- 4 sprigs thyme leaves fresh
- 3 cloves garlic smashed
- 1 teaspoon ground cumin
- 6 servings kosher salt
- 8 cups chicken broth low-sodium
- 1 tablespoon olive oil extra-virgin
- 1 onion sliced
- 0.8 cup queso fresco crumbled
- 1 tablespoons cup heavy whipping cream sour

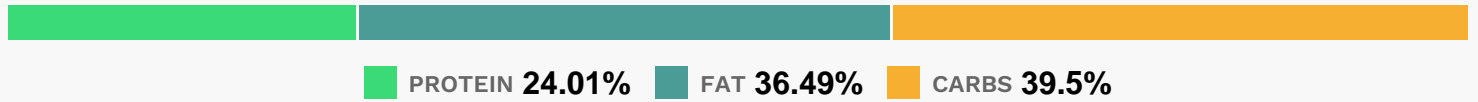
Equipment

- bowl
- pot
- sieve
- blender

Directions

- Remove the stems and seeds from the chile peppers.
- Place in a bowl, cover with hot water and soak until soft, about 20 minutes.
- Drain the chiles, transfer to a blender and process to make a smooth puree.
- Heat the olive oil in a large pot over medium heat, then add the onion and garlic and cook until the onion is translucent.
- Add the tomatoes with their juice, 1/4 cup chile puree, the coriander seeds and cumin and cook about 5 minutes.
- Add the broth, bay leaves and thyme and bring to a boil, then reduce to a simmer and cook about
- minutes. Strain the broth through a medium-mesh strainer into another pot, discarding the solids. Season with salt.
- Place a small amount of chicken, queso fresco, avocado, cilantro, fried tortilla strips and sour cream in each bowl, then pour about 1 cup hot broth around the garnishes.

Nutrition Facts



Properties

Glycemic Index:44.58, Glycemic Load:6.86, Inflammation Score:-10, Nutrition Score:28.330434612606%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 372.36kcal (18.62%), Fat: 16.33g (25.12%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 28.08g (10.21%), Sugar: 15.01g (16.68%), Cholesterol: 36.07mg (12.02%), Sodium: 627.25mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.35%), Vitamin A: 5155.71IU (103.11%), Vitamin B3: 12.3mg (61.52%), Fiber: 11.7g (46.82%), Potassium: 1329.89mg (38%), Phosphorus: 375.48mg (37.55%), Vitamin B6: 0.73mg (36.26%), Vitamin K: 35.08µg (33.41%), Vitamin B2: 0.5mg (29.7%), Manganese: 0.59mg (29.39%), Vitamin C: 24.17mg (29.3%), Copper: 0.58mg (28.96%), Iron: 4.73mg (26.3%), Vitamin E: 3.44mg (22.94%), Magnesium: 86.69mg (21.67%), Selenium: 14.07µg (20.1%), Calcium: 195.27mg (19.53%), Folate: 60.44µg (15.11%), Zinc: 2.1mg (13.98%), Vitamin B5: 1.39mg (13.92%), Vitamin B1: 0.19mg (12.99%), Vitamin B12: 0.67µg (11.21%), Vitamin D: 0.44µg (2.94%)