



WHATSheATE



Tortilla Soup



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 6-inch corn tortillas ()
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 medium jalapeno seeded chopped
- ☐ 32 oz chicken broth reduced-sodium (4 cups)
- ☐ 14.5 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 0.5 teaspoon coarse salt (kosher or sea)

- ☐ 1.5 cups chicken shredded cooked
- ☐ 1 medium avocado ripe
- ☐ 2 oz monterrey jack cheese shredded
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 lime cut into wedges

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Cut tortillas in half; cut halves into 1/4-inch strips. In 3-quart saucepan, heat oil over medium-high heat. Cook strips in oil, 1/3 at a time, until light brown and crisp.
- ☐ Remove from pan; drain on paper towels.
- ☐ Heat oil remaining in saucepan over medium-high heat.
- ☐ Add onion; cook 2 minutes, stirring frequently.
- ☐ Add garlic and chile; cook 2 to 3 minutes, stirring frequently, until vegetables are crisp-tender. Stir in broth, tomatoes and salt.
- ☐ Heat to boiling. Reduce heat; cover and simmer 15 minutes.
- ☐ Add chicken; heat until hot.
- ☐ To serve, peel and pit avocado.
- ☐ Cut into 1-inch slices. Divide half of tortilla strips among 4 individual serving bowls. Ladle in soup. Top with avocado and cheese; garnish with remaining tortilla strips and cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



 PROTEIN **18.38%**  FAT **56.05%**  CARBS **25.57%**

Properties

Glycemic Index:67.63, Glycemic Load:8.81, Inflammation Score:-7, Nutrition Score:17.739565157372%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 477.27kcal (23.86%), Fat: 30.44g (46.83%), Saturated Fat: 7.03g (43.91%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 23.8g (8.65%), Sugar: 5.1g (5.67%), Cholesterol: 56.53mg (18.84%), Sodium: 1437.09mg (62.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.93%), Vitamin K: 36.87µg (35.11%), Phosphorus: 331.5mg (33.15%), Vitamin B3: 6.21mg (31.06%), Fiber: 7.44g (29.76%), Selenium: 18.82µg (26.88%), Vitamin B6: 0.5mg (24.88%), Vitamin B2: 0.37mg (21.65%), Vitamin C: 17.36mg (21.04%), Calcium: 201.49mg (20.15%), Manganese: 0.36mg (18.06%), Vitamin E: 2.56mg (17.05%), Magnesium: 63.03mg (15.76%), Potassium: 540.22mg (15.43%), Zinc: 2.28mg (15.19%), Vitamin B5: 1.37mg (13.74%), Vitamin A: 668.47IU (13.37%), Iron: 2.38mg (13.2%), Folate: 52.71µg (13.18%), Copper: 0.25mg (12.32%), Vitamin B1: 0.17mg (11.21%), Vitamin B12: 0.32µg (5.25%)