



Tortilla Soup



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado cut into pieces
- ☐ 1 cup corn kernels frozen
- ☐ 1 teaspoon hot sauce
- ☐ 28 ounce chicken broth canned
- ☐ 2 cups tortilla chips

Equipment

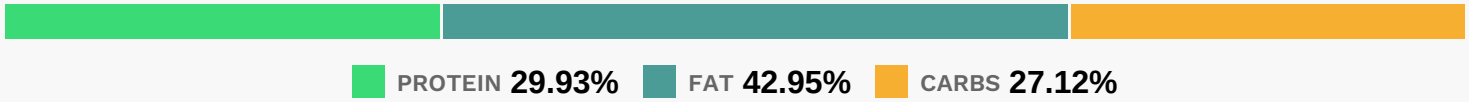
- ☐ bowl
- ☐ sauce pan

☐ ladle

Directions

- ☐ In a medium saucepan, bring the soup to a simmer.
- ☐ Add the corn and hot sauce and cook, stirring occasionally, just until heated through, 2 to 3 minutes. Ladle into bowls and serve with tortilla chips and avocado.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:21.66043484211%

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

Nutrients (% of daily need)

Calories: 746.51kcal (37.33%), Fat: 35.87g (55.18%), Saturated Fat: 7.25g (45.33%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 43.64g (15.87%), Sugar: 2.61g (2.9%), Cholesterol: 99.22mg (33.07%), Sodium: 1259.11mg (54.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.24g (112.48%), Selenium: 39.49µg (56.42%), Phosphorus: 478.1mg (47.81%), Zinc: 6.21mg (41.39%), Vitamin B12: 1.98µg (33.07%), Vitamin B3: 6.53mg (32.66%), Vitamin B6: 0.63mg (31.29%), Fiber: 7.29g (29.18%), Magnesium: 105.96mg (26.49%), Vitamin K: 27.16µg (25.87%), Vitamin E: 3.74mg (24.95%), Iron: 3.85mg (21.36%), Potassium: 707.55mg (20.22%), Vitamin B2: 0.34mg (20.08%), Folate: 66.8µg (16.7%), Vitamin B5: 1.53mg (15.26%), Copper: 0.26mg (13.21%), Calcium: 96.07mg (9.61%), Vitamin A: 446.41IU (8.93%), Vitamin B1: 0.13mg (8.65%), Vitamin C: 6.43mg (7.79%), Manganese: 0.12mg (5.93%), Vitamin D: 0.2µg (1.32%)