

Tortilla Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small avocado diced pitted peeled
- ☐ 1 pinch baking soda
- ☐ 2 pepper flakes dried stemmed
- ☐ 1 large sprig cilantro leaves fresh
- ☐ 0.7 cup corn oil
- ☐ 12 6-inch corn tortillas white
- ☐ 0.3 cup crema mexicana sour
- ☐ 2 large garlic clove

- ☐ 6 guajillo chiles* dried stemmed
- ☐ 4 cups chicken broth
- ☐ 2 cups plum tomatoes coarsely chopped
- ☐ 0.5 cup queso fresco crumbled
- ☐ 1.5 cups water
- ☐ 0.3 small onion white

Equipment

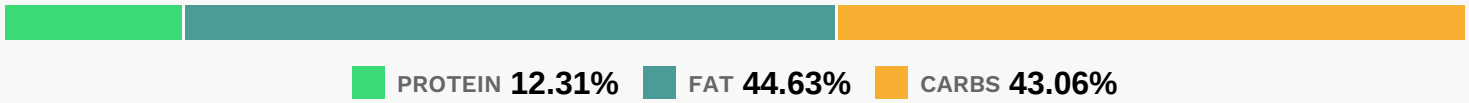
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Cut slit in 1 long side of each chile; pull open.
- ☐ Remove seeds and membranes; press chiles flat.
- ☐ Cut pasilla chiles into 1x1/4-inch strips.
- ☐ Cut 6 tortillas into 1x1/4-inch strips.
- ☐ Heat 2/3 cup oil in heavy medium skillet over medium-high heat until very hot. Working in batches, add tortilla strips to skillet; toss until crisp and golden, about 1 minute. Using slotted spoon, transfer strips to paper towels. One at a time, fry 6 whole tortillas in oil until golden and almost crisp, about 30 seconds per side.
- ☐ Transfer to paper towels. Working in batches, add guajillo chiles to skillet; press with spatula until chiles begin to blister, about 10 seconds per side.
- ☐ Transfer to paper towels.

- ☐ Add pasilla chile strips to skillet; stir 10 seconds.
- ☐ Transfer to paper towels to drain.
- ☐ Combine tomatoes and next 5 ingredients in heavy large pot. Coarsely crumble whole tortillas, then guajillo chiles into pot. Bring to boil. Reduce heat to medium; cover and simmer until water is almost absorbed and chiles are soft, stirring occasionally, about 6 minutes. Working in 3 batches, puree mixture in blender until smooth, adding 1/4 cup broth to each batch.
- ☐ Heat 2 tablespoons oil in large saucepan over medium-high heat.
- ☐ Add tomato mixture; stir until thick and deeper in color, about 2 minutes.
- ☐ Add 3 1/4 cups broth; bring to boil. Simmer 8 minutes to develop flavors. Season with salt.
- ☐ Ladle soup into bowls.
- ☐ Garnish each serving with tortilla strips, chile strips, cheese, diced avocado, and crema.
- ☐ *Cultured Mexican cream with a slightly nutty flavor and consistency of thin sour cream.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:11.76, Inflammation Score:-9, Nutrition Score:16.803043432858%

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 Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 318.31kcal (15.92%), Fat: 16.72g (25.73%), Saturated Fat: 3g (18.75%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 28.53g (10.37%), Sugar: 5.87g (6.52%), Cholesterol: 12.23mg (4.08%), Sodium: 247.38mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.75%), Vitamin C: 37.43mg (45.36%), Vitamin A: 1925.59IU (38.51%), Fiber: 7.78g (31.11%), Phosphorus: 300.52mg (30.05%), Vitamin B3: 4.49mg (22.47%), Vitamin K: 22.42µg (21.35%), Potassium: 718.28mg (20.52%), Vitamin B6: 0.41mg (20.36%), Manganese: 0.39mg (19.36%),

Magnesium: 67.59mg (16.9%), Copper: 0.32mg (15.78%), Vitamin E: 2.26mg (15.1%), Calcium: 141.75mg (14.17%), Vitamin B2: 0.21mg (12.62%), Folate: 48.3µg (12.08%), Zinc: 1.55mg (10.32%), Iron: 1.78mg (9.9%), Vitamin B1: 0.12mg (8.13%), Selenium: 5.63µg (8.04%), Vitamin B5: 0.7mg (7.04%), Vitamin B12: 0.33µg (5.47%), Vitamin D: 0.27µg (1.83%)