



HEALTH SCORE

82%

Tortilla Soup



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings garnish: avocados shredded chopped
- ☐ 1 bay leaf
- ☐ 14 ounce canned tomatoes diced drained canned
- ☐ 2 tablespoons carrot baby food
- ☐ 0.3 teaspoon cayenne (optional – I never use)
- ☐ 1.5 cups chicken breast shredded (use more or less)
- ☐ 12 ounces corn tortillas chopped ()
- ☐ 1 tablespoon garlic finely chopped

- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon honey
- ☐ 1 cup onions chopped
- ☐ 2 servings pepper and salt black to taste (if necessary)
- ☐ 2 tablespoons vegetable oil light

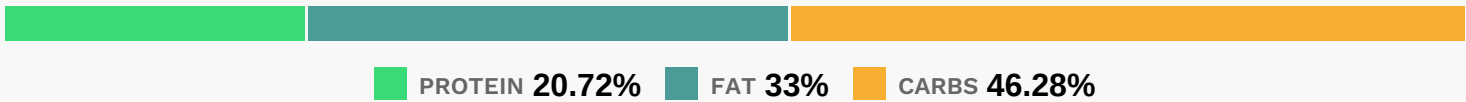
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a Dutch oven or large pot, heat the oil over medium for about 40 seconds.
- ☐ Add the onions and tortillas and sauté for 3–5 minutes.
- ☐ Add the garlic and sauté for another 2 minutes, scraping bottom of pot with a spoon.
- ☐ Add the tomatoes and 1 cup of the water or broth. Scrape bottom of pot. If using soup base, add the soup base and stir until it is dissolved. Stir in remaining 2 cups water (or broth).Continue heating over medium or just below a boil, then add the carrot baby food, cumin, chili powder, honey and the bay leaf. Increase heat slightly and bring to a boil, then reduce heat to a simmer. Cover and let simmer for 30 minutes. Uncover and simmer, stirring often, for about 20–30 minutes or until soup is thick.
- ☐ Add salt and black pepper to taste. About 5 minutes before serving, add the chicken. Alternatively, you can put a big stack of chicken in a bowl, top it with avocados and cheese, then pour the soup around it.
- ☐ Remove the by leaf before serving. Makes about 5 cups.

Nutrition Facts



Properties

Glycemic Index:170.3, Glycemic Load:41.22, Inflammation Score:-10, Nutrition Score:41.068695897641%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg

Nutrients (% of daily need)

Calories: 884.63kcal (44.23%), Fat: 33.48g (51.5%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 105.63g (35.21%), Net Carbohydrates: 88.85g (32.31%), Sugar: 17.63g (19.59%), Cholesterol: 100.87mg (33.62%), Sodium: 612.6mg (26.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.28g (94.56%), Phosphorus: 948.96mg (94.9%), Vitamin B3: 13.71mg (68.57%), Fiber: 16.78g (67.12%), Vitamin A: 3316.02IU (66.32%), Vitamin B6: 1.3mg (64.93%), Manganese: 1.26mg (63%), Selenium: 43.35µg (61.93%), Magnesium: 212.27mg (53.07%), Iron: 8.48mg (47.12%), Calcium: 419.35mg (41.94%), Potassium: 1402.63mg (40.08%), Copper: 0.77mg (38.38%), Zinc: 5.56mg (37.05%), Vitamin E: 5.32mg (35.47%), Vitamin C: 26.77mg (32.45%), Vitamin B1: 0.46mg (30.45%), Vitamin B2: 0.5mg (29.17%), Vitamin K: 22.48µg (21.41%), Vitamin B5: 1.96mg (19.64%), Vitamin B12: 0.94µg (15.72%), Folate: 60.42µg (15.11%)