



Tortilla Soup I



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 cups chicken broth
- ☐ 2 cups chicken meat shredded cooked
- ☐ 6 6-inch corn tortillas toasted for garnish cut into strips and
- ☐ 2 jalapeño peppers fresh sliced into rings
- ☐ 1 juice of lime juiced
- ☐ 1 teaspoon oregano dried
- ☐ 6 cloves roasted garlic
- ☐ 0.5 cup tomatoes chopped

☐ 0.5 onion yellow sliced

Equipment

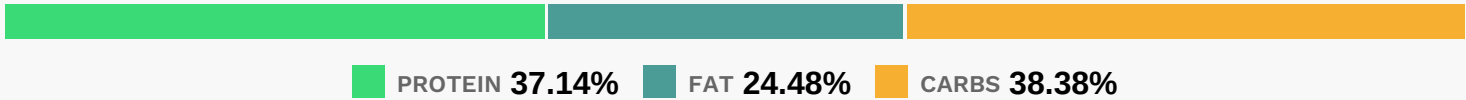
☐ bowl

☐ pot

Directions

- ☐ In heavy pot, bring the broth to a boil.
- ☐ Add garlic, tomatoes, chopped onion, jalapeno, and oregano to the stocks. Simmer uncovered for 30 minutes.
- ☐ Broil the sliced onions until soft and a little brown.
- ☐ Add broiled onions, chicken, lime juice to soup, and simmer till chicken is heated.
- ☐ Place toasted tortilla strips in each bowl and pour soup over strips.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:5.68, Inflammation Score:-6, Nutrition Score:9.5804347059001%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 169.62kcal (8.48%), Fat: 4.66g (7.17%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 14.14g (5.14%), Sugar: 2.78g (3.09%), Cholesterol: 42.05mg (14.02%), Sodium: 1356.3mg (58.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.81%), Vitamin B3: 5.03mg (25.14%), Selenium: 14.99µg (21.41%), Phosphorus: 197.98mg (19.8%), Vitamin B2: 0.31mg (18.08%), Manganese: 0.35mg (17.65%), Vitamin B6: 0.33mg (16.57%), Vitamin C: 10.36mg (12.55%), Vitamin B1: 0.15mg (9.73%), Magnesium: 37.08mg (9.27%), Zinc: 1.39mg (9.25%), Fiber: 2.3g (9.19%), Potassium: 295.14mg (8.43%), Iron: 1.37mg (7.63%), Copper: 0.14mg (7.25%),

Vitamin B5: 0.58mg (5.78%), Calcium: 56.12mg (5.61%), Vitamin K: 4.03µg (3.84%), Vitamin A: 189.06IU (3.78%),
Vitamin E: 0.52mg (3.49%), Vitamin B12: 0.21µg (3.43%), Folate: 9.88µg (2.47%)