



 **96%**  
HEALTH SCORE

## Tortilla Soup with Chiles and Tomatoes

 Vegetarian  Gluten Free  Very Healthy

READY IN



4500 min.

SERVINGS



4

CALORIES



2497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounces avocado cut into 1/2-inch pieces
- 2 chilies dried stemmed
- 4 pepper flakes dried stemmed seeded
- 144 servings corn tortillas cut into 1-inch squares (6-to )
- 0.3 cup cream sour with 1 tablespoon water diluted
- 1 teaspoon epazote dried crumbled
- 2 large garlic clove chopped
- 4 servings lime wedges

- 2 ounces pecorino crumbled (also called queso añejo)
- 0.5 pound tomatoes quartered
- 3 cups vegetable oil for frying
- 1 large onion white coarsely chopped

## Equipment

- bowl
- frying pan
- paper towels
- ladle
- oven
- pot
- blender
- slotted spoon
- tongs

## Directions

- Toast chiles in a dry heavy skillet (not nonstick) over medium-high heat, turning with tongs, until pliable and slightly changed in color, about 30 seconds. Coarsely crumble 1 pasilla chile and set aside.
- Purée tomatoes, onion, garlic, chiles de árbol (including seeds), and remaining 3 pasilla chiles with 1/2 cup stock in a blender.
- Heat lard in a large heavy pot over medium heat until it shimmers, then cook purée, stirring frequently, until reduced by half and beginning to stick to pot, 15 to 20 minutes. Stir in remaining 7 1/2 cups stock, epazote, and 1 teaspoon salt, then simmer, uncovered, 45 minutes.
- While soup simmers, heat 1 inch oil to 350°F in a deep 10-inch heavy skillet, then fry tortilla squares, a handful at a time, until golden, 30 to 45 seconds per batch.
- Transfer with a slotted spoon to paper towels to drain and season lightly with salt.
- Divide tortillas and avocado among soup bowls and ladle in soup.
- Sprinkle with cheese, drizzle with crema, and top with crumbled chile.

- ☐ •Soup can be made 3 days ahead and chilled (covered once cool). •Tortillas can be fried 1 day ahead and kept in an airtight container. Rewarm in oven. •You can use unsalted store-bought tortilla chips in place of homemade.

## Nutrition Facts

■ PROTEIN **8.93%**
■ FAT **24.46%**
■ CARBS **66.61%**

### Properties

Glycemic Index:72.38, Glycemic Load:184.46, Inflammation Score:-10, Nutrition Score:63.365651915903%

### Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

### Nutrients (% of daily need)

Calories: 2497.26kcal (124.86%), Fat: 70.63g (108.66%), Saturated Fat: 12.81g (80.09%), Carbohydrates: 432.63g (144.21%), Net Carbohydrates: 368.69g (134.07%), Sugar: 14.65g (16.27%), Cholesterol: 15.71mg (5.24%), Sodium: 449.43mg (19.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.03g (116.06%), Phosphorus: 3041.18mg (304.12%), Fiber: 63.94g (255.77%), Magnesium: 710.24mg (177.56%), Manganese: 3.34mg (166.93%), Vitamin B6: 2.51mg (125.51%), Vitamin C: 80.43mg (97.49%), Zinc: 13.04mg (86.96%), Selenium: 60.49µg (86.42%), Calcium: 830.88mg (83.09%), Copper: 1.64mg (81.98%), Vitamin B3: 15.78mg (78.91%), Vitamin K: 80.67µg (76.83%), Iron: 12.56mg (69.77%), Potassium: 2325.79mg (66.45%), Vitamin B1: 0.99mg (65.81%), Vitamin E: 6.88mg (45.88%), Vitamin B2: 0.78mg (45.88%), Folate: 110.04µg (27.51%), Vitamin A: 1201.75IU (24.03%), Vitamin B5: 1.89mg (18.9%), Vitamin B12: 0.08µg (1.31%)