



Vegetarian Tortilla Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup black beans canned rinsed drained
- 0.8 teaspoon chili powder
- 4 6-inch corn tortillas cut into 1/2-inch-wide strips
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- 4 tablespoons cilantro leaves fresh chopped
- 2 garlic clove minced
- 1 teaspoon ground cumin
- 1.5 tablespoons jalapeno minced seeded

- 0.8 cup onion chopped
- 1 tablespoon tomato paste
- 1.5 cups tomatoes chopped
- 4 cups vegetable stock canned
- 0.7 cup zucchini chopped

Equipment

- bowl
- sauce pan
- ladle

Directions

- Spray large nonstick saucepan with vegetable oil spray.
- Add onion and garlic; cover and cook over medium-low heat until almost tender, stirring often, about 5 minutes. Stir in tomato paste, cumin and chili powder.
- Add broth and 2 tablespoons cilantro; bring to boil. Reduce heat; cover and simmer until flavors blend, about 15 minutes. (Can be made 1 day ahead. Cover; chill. Bring to simmer before continuing.)
- Add tortillas, tomatoes, beans, zucchini and jalapeño to soup. Cover; simmer until zucchini is tender, about 5 minutes. Season with salt and pepper.
- Ladle soup into bowls.
- Sprinkle with remaining 2 tablespoons cilantro.
- Per Serving: calories, 157; total fat, 3g; saturated fat, 0.5g; cholesterol, 0mg.
- Bon Appétit

Nutrition Facts

PROTEIN 12.64% FAT 9.07% CARBS 78.29%

Properties

Glycemic Index:92.5, Glycemic Load:13.15, Inflammation Score:-8, Nutrition Score:11.766087003376%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 186.94kcal (9.35%), Fat: 1.99g (3.06%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 31.42g (11.42%), Sugar: 6.49g (7.21%), Cholesterol: 0mg (0%), Sodium: 1118.32mg (48.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Fiber: 7.19g (28.75%), Vitamin C: 22.51mg (27.29%), Vitamin A: 1276.41IU (25.53%), Phosphorus: 235.09mg (23.51%), Manganese: 0.44mg (22.13%), Magnesium: 65.73mg (16.43%), Vitamin B6: 0.31mg (15.27%), Potassium: 494.04mg (14.12%), Iron: 2.04mg (11.32%), Copper: 0.22mg (11.07%), Folate: 41.57µg (10.39%), Vitamin B1: 0.14mg (9.65%), Vitamin B3: 1.69mg (8.47%), Vitamin K: 8.61µg (8.2%), Calcium: 78.94mg (7.89%), Zinc: 1.14mg (7.6%), Vitamin B2: 0.12mg (7.29%), Vitamin E: 1.02mg (6.82%), Selenium: 4.29µg (6.13%), Vitamin B5: 0.28mg (2.76%)