



Zeke's Tortilla Soup

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 avocado pitted peeled sliced
- 14 ounce canned tomatoes diced with juice peeled canned
- 1 cup carrots chopped
- 1 cup celery chopped
- 15 cubes chicken bouillon
- 1 teaspoon chili powder
- 36 6-inch corn tortillas cut into strips ()
- 3 cloves garlic

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground pepper black
- 3 cups monterrey jack cheese shredded
- 1 small onion
- 0.3 cup oregano dried
- 6 chicken breast halves boneless skinless
- 3 cups vegetable oil for frying
- 15 cups water

Equipment

- frying pan
- paper towels
- sauce pan
- pot
- blender

Directions

- In a saucepan, cover chicken breasts with water and boil for 30 minutes, or until tender. Shred into small pieces; set aside. Meanwhile, heat oil in a deep-fryer or large cast-iron skillet to 375 degrees F (190 degrees C). Fry tortilla strips from about 6 tortillas at a time, stirring occasionally, until golden brown.
- Drain on paper towels and set aside.
- In a large stockpot, bring the water to a boil. Stir in the bouillon cubes and reduce heat to a simmer. In a blender, combine the can of tomatoes, onion and garlic. Blend on high until smooth.
- Pour the blended mixture into the stockpot and stir in the coriander, cumin, black pepper, chili powder and oregano.
- Add carrots, celery and diced tomatoes with chilies. Cover pot and simmer for about 25 minutes, until vegetables are tender. Stir in shredded chicken and cook 5 more minutes.

Serve hot topped with fried tortilla strips, and garnish with shredded cheese and avocado slices.

Nutrition Facts

PROTEIN 18.21% **FAT 50.71%** **CARBS 31.08%**

Properties

Glycemic Index:24.61, Glycemic Load:16.11, Inflammation Score:-10, Nutrition Score:23.360869729001%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 530.29kcal (26.51%), Fat: 30.72g (47.27%), Saturated Fat: 8.84g (55.24%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 32.94g (11.98%), Sugar: 2.09g (2.33%), Cholesterol: 61.3mg (20.43%), Sodium: 311.27mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Phosphorus: 527.52mg (52.75%), Vitamin A: 2198.52IU (43.97%), Vitamin B3: 8.19mg (40.93%), Vitamin K: 42µg (40%), Vitamin B6: 0.8mg (39.89%), Selenium: 27.46µg (39.23%), Fiber: 9.44g (37.77%), Calcium: 321.3mg (32.13%), Magnesium: 103.4mg (25.85%), Manganese: 0.46mg (23.2%), Potassium: 711.5mg (20.33%), Vitamin B2: 0.3mg (17.9%), Vitamin E: 2.68mg (17.86%), Zinc: 2.66mg (17.7%), Vitamin B5: 1.72mg (17.22%), Copper: 0.31mg (15.64%), Folate: 60.61µg (15.15%), Iron: 2.28mg (12.64%), Vitamin B1: 0.16mg (10.95%), Vitamin C: 7.33mg (8.89%), Vitamin B12: 0.35µg (5.79%), Vitamin D: 0.23µg (1.51%)