



Asian Corn Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 12 sprigs cilantro leaves
- ☐ 4 ears corn
- ☐ 0.6 inch ginger fresh peeled
- ☐ 1 garlic clove crushed
- ☐ 1 to 2 jalapeño peppers seeded quartered
- ☐ 1 to 2 lemongrass stalks fresh smashed coarsely chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.3 teaspoon sea salt
- ☐ 2 cups vegetable broth organic (such as Swanson Certified)
- ☐ 4 cups water
- ☐ 1 cup onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Cut corn kernels from ears of corn; set aside. Reserve cobs.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion to pan; saut 5 minutes or until tender.
- ☐ Cut each cob into 3 pieces.
- ☐ Add cobs, 4 cups water, and next 6 ingredients (through garlic) to pan; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Strain broth through a colander into a bowl; discard solids.
- ☐ Add corn kernels, juice, and salt to broth; stir to blend. Return soup to pan; simmer 5 minutes or until hot.
- ☐ Garnish with lime and jalapeo slices, if desired.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:5.6817391799844%

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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 77.18kcal (3.86%), Fat: 1.55g (2.39%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 14.07g (5.12%), Sugar: 5.79g (6.43%), Cholesterol: 0mg (0%), Sodium: 430.63mg (18.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 15.01µg (14.3%), Vitamin C: 11.73mg (14.22%), Vitamin A: 607.24IU (12.14%), Manganese: 0.21mg (10.41%), Folate: 34.87µg (8.72%), Fiber: 1.89g (7.55%), Vitamin B1: 0.11mg (7.48%), Magnesium: 29.29mg (7.32%), Potassium: 246.8mg (7.05%), Phosphorus: 66.43mg (6.64%), Vitamin B3: 1.2mg (5.99%), Vitamin B6: 0.11mg (5.71%), Vitamin B5: 0.51mg (5.07%), Copper: 0.09mg (4.29%), Vitamin B2: 0.05mg (3.04%), Iron: 0.54mg (2.99%), Zinc: 0.39mg (2.62%), Vitamin E: 0.37mg (2.48%), Calcium: 17.65mg (1.76%)