



Cajun Style Corn Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups corn kernels fresh
- 4 cloves garlic minced
- 1 bell pepper green chopped
- 0.5 pound ground beef
- 0.5 teaspoon ground pepper
- 1 teaspoon ground pepper black
- 0.5 onion chopped
- 1 bell pepper red chopped

- 1 teaspoon salt
- 6 ounce tomato paste canned
- 1 tablespoon vegetable oil
- 4 cups water

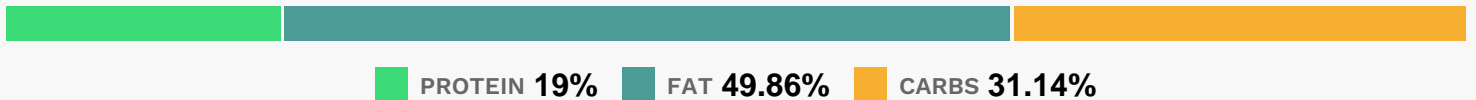
Equipment

- sauce pan
- pot

Directions

- In a large pot over high heat, combine the water, tomato paste, salt, ground black pepper, cayenne pepper, green bell pepper, red bell pepper and corn. Bring to a boil, reduce heat to medium low and allow to simmer at a slow boil for 35 minutes.
- In a large saucepan over medium heat, combine the oil, onion and garlic and saute for 3 to 5 minutes.
- Add to the simmering soup. In the same saucepan over medium heat, saute the ground beef for 10 minutes or until well browned, and add to the soup. Stir well and simmer for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:12.034782544426%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 183.82kcal (9.19%), Fat: 10.71g (16.48%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 12.46g (4.53%), Sugar: 6.01g (6.68%), Cholesterol: 26.84mg (8.95%), Sodium: 467.67mg

(20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.37%), Vitamin C: 48.66mg (58.98%), Vitamin A: 917.24IU (18.34%), Vitamin B6: 0.35mg (17.63%), Vitamin B3: 3.13mg (15.66%), Manganese: 0.27mg (13.65%), Vitamin B12: 0.81µg (13.48%), Zinc: 2.02mg (13.45%), Phosphorus: 127.67mg (12.77%), Potassium: 421.45mg (12.04%), Fiber: 2.59g (10.35%), Folate: 39.77µg (9.94%), Vitamin B1: 0.14mg (9.57%), Magnesium: 38.17mg (9.54%), Selenium: 6.51µg (9.3%), Vitamin K: 9.69µg (9.22%), Iron: 1.61mg (8.93%), Copper: 0.16mg (7.88%), Vitamin E: 1.17mg (7.81%), Vitamin B2: 0.13mg (7.44%), Vitamin B5: 0.73mg (7.25%), Calcium: 33.2mg (3.32%)