



Chilled Corn and Buttermilk Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup buttermilk
- ☐ 8 servings additional buttermilk
- ☐ 6 large ears corn fresh husked
- ☐ 8 servings chives fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons coarsely ginger fresh grated peeled
- ☐ 6 cups low-salt chicken broth
- ☐ 0.5 cup shallots chopped (3 large)

☐ 1 tablespoon vegetable oil

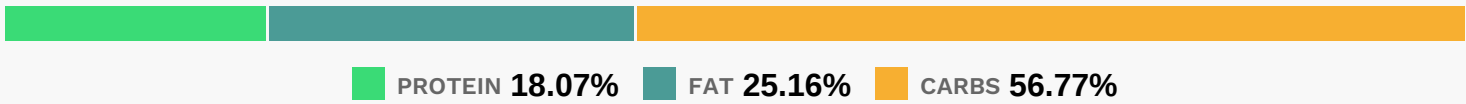
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ blender

Directions

- ☐ Cut corn kernels off cobs; transfer kernels to large bowl. Scrape cobs over bowl with knife to remove any remaining bits of corn and milky liquid. Break cobs in half crosswise and reserve.
- ☐ Heat oil in heavy large saucepan over medium-high heat.
- ☐ Add shallots, ginger, and garlic; sauté until shallots begin to soften, about 2 minutes.
- ☐ Add corn and any accumulated liquid in bowl. Cook until heated through, stirring occasionally, about 3 minutes.
- ☐ Add cobs and broth. Bring soup to boil; reduce heat to low, cover pan, and simmer until corn is very tender, about 30 minutes. Discard cobs.
- ☐ Working in batches, puree soup in blender.
- ☐ Transfer to large bowl. Stir 1 cup buttermilk into soup. Cover and refrigerate until chilled, at least 3 hours. (Can be made 1 day ahead. Keep chilled.)
- ☐ Season soup to taste with salt and pepper. Divide soup among 8 bowls.
- ☐ Drizzle with additional buttermilk, sprinkle with chives, and serve.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:9.053913069808%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 168.27kcal (8.41%), Fat: 5.27g (8.12%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 24.09g (8.76%), Sugar: 9.68g (10.75%), Cholesterol: 3.41mg (1.14%), Sodium: 103.9mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.05%), Vitamin B3: 4.41mg (22.03%), Phosphorus: 186.1mg (18.61%), Potassium: 546.26mg (15.61%), Folate: 52.89µg (13.22%), Vitamin B1: 0.19mg (12.83%), Magnesium: 49.02mg (12.25%), Manganese: 0.24mg (11.98%), Vitamin C: 9.38mg (11.37%), Fiber: 2.69g (10.78%), Vitamin B2: 0.17mg (10.05%), Vitamin B6: 0.19mg (9.65%), Vitamin B5: 0.94mg (9.41%), Copper: 0.18mg (8.84%), Iron: 1.16mg (6.42%), Vitamin A: 295.9IU (5.92%), Zinc: 0.87mg (5.78%), Vitamin K: 5.8µg (5.53%), Vitamin B12: 0.32µg (5.33%), Calcium: 52.9mg (5.29%), Selenium: 2.1µg (2.99%), Vitamin D: 0.4µg (2.69%), Vitamin E: 0.25mg (1.66%)