



Chilled Corn Soup

 Vegetarian  Gluten Free

READY IN

ready

315 min.

SERVINGS

servings

4

CALORIES

calories

851 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 can coconut milk
- ☐ 4 servings caramel corn
- ☐ 4 servings chipotle in adobo
- ☐ 24 ears of corn
- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 0.5 wedges honeydew melon with a small melon baller
- ☐ 4 servings juice of lime

- ☐ 2 onions diced
- ☐ 4 servings salt
- ☐ 2 tablespoons vegetable oil

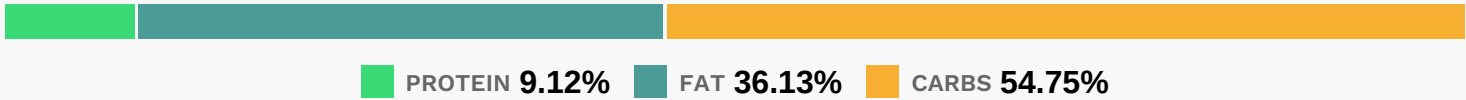
Equipment

- ☐ pot
- ☐ tongs
- ☐ immersion blender

Directions

- ☐ Cut the kernels of corn from the cobs. Reserve the cobs.
- ☐ Heat the vegetable oil in a large, deep pot and over medium-low heat.
- ☐ Add the corn, garlic and onions. Sweat until the corn is slightly brown and the onions are translucent.
- ☐ Carefully add the cobs and fill the pot with water until the corn is covered. Raise the heat and boil for 30 minutes.
- ☐ Remove the corn from the heat and allow to cool. Then chill for at least 4 hours or up to overnight.
- ☐ Remove the cobs with tongs, and use an immersion blender to blend the corn and onions. This is the soup base. To this add the coconut milk and blend again. Separate the soup base into the desired portions for adults and kids. Season the adult version with salt, lime juice and chipotle adobo... this stuff is hot, so do as much or as little as you want.
- ☐ For the kids, season the soup with salt and serve cold, garnished with caramel corn.
- ☐ Serve the soup cold, garnished with a few pieces of honeydew melon.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:39.159564785335%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.66mg,
Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg,
Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin:
0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg,
Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg,
Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.42mg, Quercetin:
11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg

Nutrients (% of daily need)

Calories: 851.08kcal (42.55%), Fat: 38.33g (58.97%), Saturated Fat: 24.02g (150.11%), Carbohydrates: 130.68g
(43.56%), Net Carbohydrates: 115.13g (41.86%), Sugar: 53.6g (59.56%), Cholesterol: 0.05mg (0.02%), Sodium:
324.02mg (14.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.55%), Vitamin C: 82.35mg
(99.82%), Manganese: 1.97mg (98.45%), Folate: 286.85µg (71.71%), Magnesium: 261.83mg (65.46%), Vitamin B1:
0.96mg (64.22%), Potassium: 2214.88mg (63.28%), Phosphorus: 623.82mg (62.38%), Fiber: 15.55g (62.21%),
Vitamin B3: 11.14mg (55.69%), Vitamin B5: 4.43mg (44.27%), Vitamin B6: 0.79mg (39.55%), Copper: 0.64mg
(31.8%), Iron: 4.96mg (27.55%), Zinc: 3.46mg (23.05%), Vitamin A: 1113.05IU (22.26%), Vitamin B2: 0.34mg (19.98%),
Vitamin K: 19.75µg (18.81%), Selenium: 11.33µg (16.18%), Vitamin E: 1.21mg (8.07%), Calcium: 59.3mg (5.93%)