



Chilled Corn Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



218 min.

SERVINGS



6

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cups avocado diced peeled
- ☐ 4 tablespoons canola oil
- ☐ 4 large ears shucked corn
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 teaspoon kosher salt divided

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.8 cup onion chopped
- ☐ 0.5 cup radishes diced
- ☐ 3 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ sieve
- ☐ blender

Directions

- ☐ Cut kernels from ears of corn to equal 6 cups; scrape milk and remaining pulp from cobs using the dull side of a knife blade.
- ☐ Heat oil in a large saucepan over medium flame; add onions, thyme, and 1/4 teaspoon salt. Reduce heat to medium low; cover. Cook 8 minutes or until onion is softened, stirring occasionally.
- ☐ Add corn kernels and garlic; cover. Cook 4 minutes; add corn pulp, water and remaining 1/2 teaspoon salt. Increase heat to medium-high; bring to a boil.
- ☐ Remove from heat; discard thyme.
- ☐ Place half of corn mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Strain corn mixture through a sieve into a large bowl; discard solids. Repeat procedure with remaining corn mixture. Chill at least 4 hours.
- ☐ Combine remaining ingredients in a small bowl. Ladle 1 cup soup into each of 6 bowls, top with 2 tablespoons avocado mixture.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:7.7008696224379%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 196.57kcal (9.83%), Fat: 12.52g (19.26%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 18.32g (6.66%), Sugar: 7.13g (7.92%), Cholesterol: 0mg (0%), Sodium: 316.61mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Vitamin C: 13.2mg (16%), Folate: 57.18µg (14.3%), Fiber: 3.41g (13.65%), Vitamin E: 1.98mg (13.22%), Manganese: 0.23mg (11.67%), Magnesium: 45.06mg (11.27%), Vitamin B1: 0.17mg (11.25%), Potassium: 382.01mg (10.91%), Phosphorus: 101.41mg (10.14%), Vitamin B3: 1.98mg (9.91%), Vitamin K: 10.03µg (9.56%), Vitamin B5: 0.91mg (9.08%), Vitamin B6: 0.16mg (8.17%), Copper: 0.12mg (5.75%), Vitamin A: 268.24IU (5.36%), Vitamin B2: 0.08mg (4.94%), Iron: 0.83mg (4.62%), Zinc: 0.62mg (4.13%), Calcium: 19.56mg (1.96%), Selenium: 0.86µg (1.23%)