

Chilled Corn Soup with Adobo Swirl

 Vegetarian  Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon chipotles in adobo canned
- 4 servings cilantro leaves fresh
- 3 cups ears corn fresh (cut from 3 ears of corn)
- 2 tablespoons juice of lime fresh divided
- 2 cups chicken broth
- 3 tablespoons olive oil divided
- 1 cup onion sweet chopped (such as Vidalia or Maui)
- 1 cup water ()

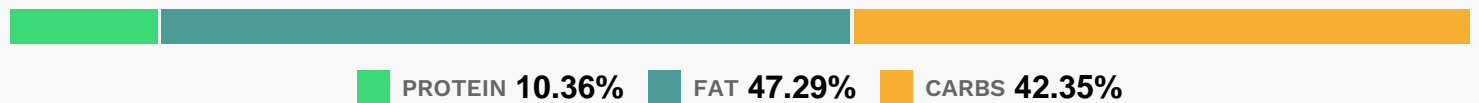
Equipment

- bowl
- sauce pan
- whisk
- blender

Directions

- Heat 1 tablespoon olive oil in heavy large saucepan over medium-high heat.
- Add onion and sauté until soft, about 4 minutes.
- Add corn kernels, broth, and 1 tablespoon lime juice; bring mixture to boil. Reduce heat to medium and simmer until corn is just tender, about 3 minutes. Working in batches, puree soup in blender until almost smooth. Stir in remaining 1 tablespoon lime juice and 1 cup water (or more as needed to thin soup to desired consistency). Season corn soup to taste with salt and pepper.
- Transfer soup to large bowl; cover and refrigerate until chilled, about 2 hours or overnight.
- Meanwhile, whisk remaining 2 tablespoons olive oil and adobo sauce in small bowl to blend. Divide chilled corn soup among 4 bowls.
- Drizzle soup with adobo oil, then garnish with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:8.091304457706%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg

Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 220.76kcal (11.04%), Fat: 12.71g (19.56%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 22.92g (8.34%), Sugar: 9.18g (10.2%), Cholesterol: 0mg (0%), Sodium: 58.29mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Vitamin B3: 3.61mg (18.03%), Phosphorus: 144.09mg (14.41%), Vitamin C: 11.59mg (14.05%), Folate: 55.69µg (13.92%), Potassium: 452.11mg (12.92%), Vitamin B1: 0.19mg (12.46%), Magnesium: 46.24mg (11.56%), Fiber: 2.69g (10.77%), Vitamin E: 1.62mg (10.77%), Manganese: 0.21mg (10.47%), Vitamin B6: 0.17mg (8.4%), Vitamin B5: 0.83mg (8.29%), Copper: 0.15mg (7.65%), Vitamin K: 7.12µg (6.78%), Vitamin B2: 0.1mg (6.15%), Iron: 1.01mg (5.64%), Zinc: 0.68mg (4.55%), Vitamin A: 214.32IU (4.29%), Vitamin B12: 0.12µg (1.97%), Calcium: 17.89mg (1.79%), Selenium: 0.86µg (1.23%)