



WHATSheATE



Chinese Corn Soup

READY IN



30 min.

SERVINGS



5

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 14.8 ounce regular corn cream-style canned
- ☐ 1 stalk celery cut into bite-size pieces
- ☐ 5 cups chicken broth
- ☐ 1 eggs
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 teaspoon ground nutmeg to taste
- ☐ 1 onion cut into bite-size pieces

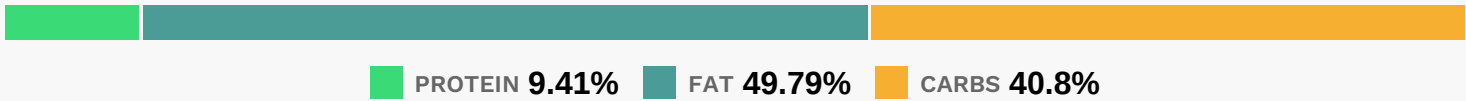
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat the chicken broth in a saucepan over medium heat, and stir in the can of corn.
- ☐ Let the mixture heat to a boil, stirring occasionally, and reduce heat to a simmer.
- ☐ In a skillet over medium-low heat, melt the butter and cook and stir the celery and onion until tender, about 5 minutes. Stir in the flour, and cook and stir for about 2 minutes to remove the raw taste from the flour.
- ☐ Add the vegetable mixture to the saucepan, whisking in the flour to avoid lumps, and stir in the nutmeg.
- ☐ Let the soup return to a simmer.
- ☐ Whisk the egg in a bowl until thoroughly beaten. Stir the soup slowly in a clockwise circular motion, and slowly pour the egg into the moving soup. Stir the egg lightly through the soup with a fork to produce egg strands, and sprinkle with black pepper to serve.

Nutrition Facts



Properties

Glycemic Index:50.8, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:6.0895652097204%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 188.49kcal (9.42%), Fat: 11.09g (17.06%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.8g (6.84%), Sugar: 4.91g (5.46%), Cholesterol: 61.84mg (20.61%), Sodium: 1182.99mg (51.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Vitamin B2: 0.25mg (14.64%), Folate: 51.92µg (12.98%), Manganese: 0.23mg (11.55%), Vitamin A: 434.51IU (8.69%), Phosphorus: 83.78mg (8.38%), Vitamin B3: 1.52mg (7.59%), Selenium: 5µg (7.14%), Vitamin B1: 0.1mg (6.96%), Fiber: 1.65g (6.6%), Potassium: 225.96mg (6.46%), Vitamin C: 5.32mg (6.44%), Magnesium: 22.16mg (5.54%), Zinc: 0.8mg (5.36%), Copper: 0.1mg (5.19%), Vitamin B6: 0.1mg (5.1%), Iron: 0.82mg (4.54%), Vitamin B5: 0.38mg (3.76%), Vitamin E: 0.54mg (3.57%), Vitamin K: 3.26µg (3.1%), Calcium: 28.89mg (2.89%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.18µg (1.17%)