



## Chipotle Roasted Corn Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tsp chipotle powder
- 1 pound roasted corn frozen
- 0.3 cup plant-based milk

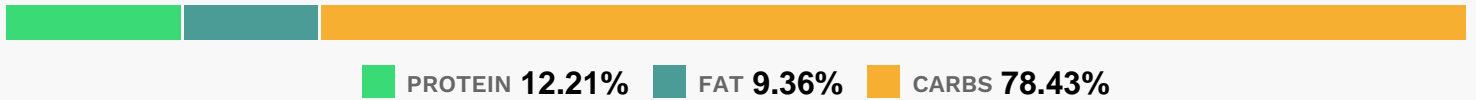
### Equipment

- blender

### Directions

- Cook corn as directed on packaging.
  - Transfer 1/2 of corn to a blender.
  - Add chipotle and non-dairy milk. Blend until smooth and creamy, adding more non-dairy milk as necessary to achieve the desired consistency. Taste test, adding more chipotle if desired plus salt and pepper if needed.
  - Mix in leftover corn and warm thoroughly before serving.
- Nutritional Information
- Amount Per Serving
  - Calories
  - Fat
  - Carbohydrate
  - gDietary Fiber3gSugars4gProtein4g

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:6.3373913298482%

## Nutrients (% of daily need)

Calories: 122.18kcal (6.11%), Fat: 1.47g (2.26%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 24.29g (8.83%), Sugar: 0.78g (0.87%), Cholesterol: 1.83mg (0.61%), Sodium: 22.53mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Fiber: 3.41g (13.64%), Phosphorus: 116.08mg (11.61%), Folate: 45.55µg (11.39%), Vitamin B6: 0.23mg (11.32%), Potassium: 369.43mg (10.56%), Vitamin B3: 2mg (10%), Vitamin C: 8.17mg (9.9%), Magnesium: 39.12mg (9.78%), Manganese: 0.19mg (9.56%), Vitamin B1: 0.13mg (8.47%), Vitamin B2: 0.13mg (7.48%), Zinc: 0.89mg (5.9%), Iron: 0.89mg (4.93%), Vitamin A: 229.38IU (4.59%), Vitamin B5: 0.4mg (3.95%), Copper: 0.06mg (3.24%), Calcium: 25.52mg (2.55%), Selenium: 1.33µg (1.91%), Vitamin E: 0.27mg (1.77%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%)