



Chunky Tomato 'n' Grilled Corn Bisque

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 servings garnish: basil sprigs fresh
- ☐ 1 tablespoon mccormick gourmet collection mediterranean basil leaves
- ☐ 3 ounces cheese blue crumbled
- ☐ 4 tablespoons butter divided
- ☐ 28 oz canned tomatoes whole peeled undrained chopped canned
- ☐ 28 oz chicken broth canned
- ☐ 3 ears corn fresh
- ☐ 2 garlic cloves pressed

- ☐ 2 tablespoons domino granulated sugar
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 large shallots chopped
- ☐ 6 oz tomato paste canned
- ☐ 1 cup whipping cream divided

Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ grill
- ☐ microwave
- ☐ dutch oven
- ☐ cutting board

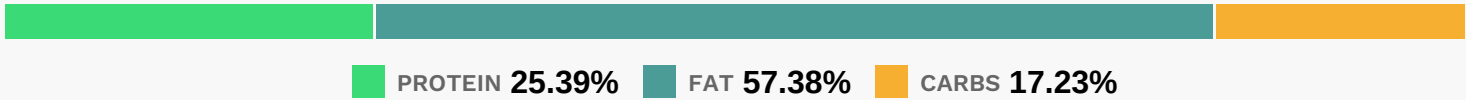
Directions

- ☐ Melt 1 Tbsp. butter with oil in a Dutch oven over medium heat; add shallots, and saut 3 to 5 minutes or until shallots are tender. Stir in garlic and tomato paste, and saut 1 minute.
- ☐ Add tomatoes, sugar, and basil, and saut 3 minutes.
- ☐ Add chicken broth, salt, and pepper. Cover and bring to a boil. Reduce heat to low; uncover and simmer, stirring often, 30 minutes. Stir in 3/4 cup cream, and simmer, stirring often, 15 minutes.
- ☐ Meanwhile, combine crumbled blue cheese and remaining 3 Tbsp. butter in a small microwave-safe bowl. Microwave at HIGH 25 seconds or until cheese melts.
- ☐ Whisk until well blended.
- ☐ Brush mixture evenly onto corn.
- ☐ Coat a cold cooking grate with cooking spray, and place on grill over medium-high heat (350 to 400). Arrange corn on cooking grate, and grill 12 minutes, turning every 3 minutes or until

done.

- ☐
- Let stand 5 minutes. Hold each grilled cob upright on a cutting board, and carefully cut downward, cutting kernels from cob. Discard cobs. Stir kernels into soup.
- ☐
- Ladle soup into bowls, and drizzle evenly with remaining cream.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.34, Glycemic Load:2.66, Inflammation Score:-6, Nutrition Score:9.4756521764009%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 260.9kcal (13.05%), Fat: 16.98g (26.13%), Saturated Fat: 8.16g (51.02%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.74g (3.54%), Sugar: 6.32g (7.02%), Cholesterol: 56.67mg (18.89%), Sodium: 514.21mg (22.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.81%), Selenium: 11.68µg (16.69%), Phosphorus: 153.45mg (15.34%), Vitamin A: 748.17IU (14.96%), Vitamin K: 15.65µg (14.9%), Vitamin B6: 0.25mg (12.43%), Vitamin B3: 2.47mg (12.36%), Zinc: 1.81mg (12.05%), Potassium: 367.87mg (10.51%), Vitamin B12: 0.63µg (10.5%), Vitamin E: 1.52mg (10.13%), Iron: 1.78mg (9.89%), Vitamin C: 8.01mg (9.7%), Manganese: 0.19mg (9.65%), Vitamin B2: 0.15mg (8.95%), Magnesium: 34.28mg (8.57%), Copper: 0.17mg (8.54%), Calcium: 76.89mg (7.69%), Fiber: 1.74g (6.95%), Vitamin B1: 0.08mg (5.64%), Folate: 22.36µg (5.59%), Vitamin B5: 0.47mg (4.67%), Vitamin D: 0.34µg (2.23%)