



## Coconut Corn Chowder

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup coconut milk canned (see notes)
- 0.5 cup fat-skimmed chicken broth
- 5 basil leaves fresh (see notes)
- 5 cups corn kernels fresh (see below)
- 2 tablespoons juice of lime
- 4 servings lime wedges
- 2 cups milk
- 1 tablespoon olive oil

- 8 oz onion red peeled chopped
- 4 servings salt and pepper
- 1 serrano chili fresh minced stemmed rinsed seeded

## Equipment

- food processor
- bowl
- frying pan
- ladle
- knife
- blender
- slotted spoon

## Directions

- In a 4- to 5-quart pan over medium-high heat, stir onion in olive oil until limp, 3 to 5 minutes.
- Stir in corn, milk, coconut milk, broth, and chili; bring to a simmer, reduce heat, and cook, stirring occasionally, until corn is tender to bite, 10 to 15 minutes.
- With a slotted spoon, remove about 2 cups corn kernels from pan and reserve. In a blender or food processor, working in batches and holding down lid with a towel, whirl remaining corn mixture until smooth. Return to pan.
- Add lime juice, basil, and reserved corn. Stir soup over medium heat until hot, 2 to 3 minutes.
- Add salt and pepper to taste. Ladle into bowls and garnish with lime wedges.
- Cutting kernels: An average ear of corn weighs from 10 to 14 ounces and yields about 1 cup of kernels. To remove them, with a large, sharp knife, cut off and discard the stem end of each ear down to the beginning of the kernels. Pull off and discard the husks and silks; rinse ears. Holding each ear upright, shear off the kernels close to the cob.

## Nutrition Facts

    
 PROTEIN 10.5%  FAT 47.11%  CARBS 42.39%

## Properties

Glycemic Index:41.75, Glycemic Load:3.36, Inflammation Score:-8, Nutrition Score:18.505652344745%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

## Nutrients (% of daily need)

Calories: 424.6kcal (21.23%), Fat: 24.25g (37.31%), Saturated Fat: 16.03g (100.17%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 43.07g (15.66%), Sugar: 21.87g (24.3%), Cholesterol: 14.64mg (4.88%), Sodium: 395.07mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.32%), Manganese: 0.94mg (46.83%), Phosphorus: 366.21mg (36.62%), Magnesium: 111.17mg (27.79%), Potassium: 937.39mg (26.78%), Vitamin B1: 0.4mg (26.41%), Vitamin C: 21.51mg (26.07%), Folate: 98.3µg (24.57%), Fiber: 6.03g (24.12%), Vitamin B3: 4.06mg (20.28%), Vitamin B5: 1.98mg (19.84%), Calcium: 180.05mg (18%), Vitamin B6: 0.35mg (17.32%), Vitamin B2: 0.29mg (17.19%), Copper: 0.29mg (14.64%), Zinc: 1.85mg (12.36%), Iron: 2.15mg (11.93%), Vitamin B12: 0.72µg (11.93%), Vitamin A: 582.39IU (11.65%), Selenium: 8.05µg (11.5%), Vitamin D: 1.34µg (8.95%), Vitamin E: 0.83mg (5.51%), Vitamin K: 5.61µg (5.34%)